**3rd Gup Training**

**Gi Cho:**

1. Jang Kap Kwon Kong Kyuk

**Foot:**

1. Dwi Ahneso Pahkero Cha Gi

2. E Dan Dwi Cha GI

3. E Dan Dwi Huri GI

**Hyung:**

1. Pyung Ahn O Dan

2. Passai

**Il Soo Sik:**

1. Ship O Bon

2. Ship Yuk Bon

**Ho Shin Sul:**

1. Behind Il Bon

2. Behind E Bon

**Combinations:**

1. Wheng Jin Kong Kyuk, Hu Jin Hu Gul Yup Mahk Kee, E-Dan Dwi Cha Gi