



# High Orange Belt

## 8<sup>th</sup> Gup

## **In Hand (All actions assumed from right handed grip)**

1. Two fingers extended bend wrist. Turn fingers up towards sky (creating gap in the grip). Left hand grabs underneath on thumb side. Step across with left leg (grip should be maintained at opponent's waist level). Turn right hand toward opponent and push up with forearm against thumb to create bend. Circle pressure with right hand and step up with right leg; assume a Moa Seogi Stance. Turn right hand over and complete with butterfly grip. Sweep opponent's closest leg with your left leg and bring down directly underneath you. Drop knee on opponent's throat and break wrist with turn lock. Giup
2. Two fingers extended bend wrist. Turn fingers up towards sky (creating gap in the grip). Left hand grabs underneath on thumb side. Turn right hand palm down to grab opponent's hand/wrist. Step back with right leg and twist opponent's wrist inwards. Strike opponent in their middle section with their own elbow. Kick opponent (front kick) on their grip side and hold. Pull and twist hand to your right side. Giup
3. Two fingers extended bend wrist. Turn fingers up towards sky (creating gap in the grip). Left hand grabs underneath on thumb side. Step across with left leg (grip should be maintained at opponent's waist level). Pull hand onto your chest as anchor point. Use right leg and step behind opponent in Juchum Seogi stance. Use right forearm and push into opponent's neck to introduce more bend in the wrist. Sweep right arm down opponent's chest and pull up on elbow to dislocate shoulder. Step on the back of opponent's left leg with your right foot (toes pointed outward). Step back as opponent falls to the ground. Drop on your right knee and strike to the face with right hand. Giup
4. Open hand (Y position) and lift up (keep elbow at side). Grab interior elbow pressure point with left hand. Step left foot into T step position. Step underneath opponent's arm into an Ap kubi (Front bent knee stance). Keeping an upward pressure grip push elbow into forward pushing opponent in an "L" position. Swing your right leg forward and sweep opponent's left leg (from the front of leg) as you push forward on his wrist (causing forward break fall). Switch grip by grabbing with your left hand (thumb down/back of hand towards your body) and pull opponent onto chest by placing pressure on his elbow with your shin. Follow opponent in circular pattern and place your right knee behind his shoulder. Apply elbow pressure with your right hand. Giup
5. Step forward (with right leg) into Ap kubi stance. Shoot your right hand straight down your body (live hand). Turn palm upwards and raise your hand up towards opponent's shoulder blade (alongside their body). With your left hand grab the back of your right hand and pull opponent tight into your body. Drop your left leg back and pull opponent forward as you turn into kneeling position (right knee down). Push down on shoulder (maintaining continuous contact with opponent). Giup.