



**Yellow Belt**

**7<sup>th</sup> Gup**

## **Cross Grip (All actions assumed from right handed grip)**

1. Open hand (live hand) and pull towards your body. Step in front of opponent into Juchum Seogi stance as you grab on their pinky side of hand. Put pressure on their elbow with your upper arm. Release your right hand and re-grip with a butterfly grip. Step underneath elbow with your right leg and pull their arm in a circular motion creating a break fall. Place their right palm on your left leg (anchor point). Place your right hand on their elbow with your right knee on top. Giup.
2. Open hand (live hand) and pull towards your body. Step forward with your left foot and grab the thumb side of their hand with your left hand. Put pressure on their elbow with your body as you use the circular principle as you step backward with your right foot. Reverse circle with your left foot and release right hand and grab butterfly grip (keep grip at waist level). Introduce V-lock on wrist and introduce a break fall. Place full arm press on opponent. Giup
3. Open hand (live hand) and pull towards your body. Step forward with your left foot and put pressure on their elbow with your left forearm. Grab their right wrist with your right hand. Quickly switch directions as you use the circular principle by stepping backward with your right foot. Place your left hand on top of your right hand and place on your lower back (anchor point). Continue circular principle introducing a break fall. Giup
4. Grab forearm pressure point with left hand (loosen grip). Grab opponent's wrist with your right hand still within their grip. Step forward into a "T" step with right foot (keeping pressure point). Step underneath opponent's arm with right leg back into an Ap kubi stance. Transition into forearm wrist lock in a Juchum Seogi stance. Giup
5. Live hand with right hand. Slide up your body towards chest. Grab their right wrist with your left hand in a Y position (palm facing your body). Circle grab your right hand over your left as you turn into Oreun Naranhi Seogi (Right normal stance). Change direction into Wen Naranhi Seogi (Left normal stance). Apply upward pressure on wrist and elbow. Forcefully pull opponent's arm straight down pulling them into "L" position. Step forward with right foot striking opponent's upper arm with your shoulder introducing back fall. Continue wrist turn placing the back of opponent's hand on the ground (maintain a 90 degree bend on opponent's elbow). Giup