

3 STEP for 8th Gup YELLOW

- 1)
 - Attack: High Punch Walking Stance
 - Defense: Rising Block with Outer Forearm
 - Counter: Reverse High Punch
- 2)
 - Attack: Outward Knifehand Strike from "L" Stance
 - Defense: Knifehand Guarding Block from "L" Stance
 - Counter: Lead Leg Turning Kick from "L" Stance
- 3)
 - Attack: Low Front Kick
 - Defense: Low Block
 - Counter: Front Kick High Lead Punch
- 4)
 - Attack: Middle Punch
 - Defense: Twin Outer Forearm Block
 - Counter: Lead Leg Side Kick

3 STEP for 7th Gup YELLOW

- 1)
 - Attack: High Back Fist Walking Stance
 - Defense: High Side Block with Outer Forearm from Walking Stance
 - Counter: Lead Leg Turning Kick
- 2)
 - Attack: Vertical Finger Tip Thrust Walking Stance
 - Defense: Knifehand Guarding Block from "L" Stance
 - Counter: Back Kick and Back Fist
- 3)
 - Attack: Turning Kick
 - Defense: Knifehand Garding Block
 - Counter: Front Kick, Lead Punch, Reverse Punch
- 4)
 - Attack: High Punch
 - Defense: High Block with Outer Forearm
 - Counter: Sitting Stance Double Middle Punch

2 STEP for 6th Gup GREEN

- 1)
 - Attack: Low Front Kick & High Punch
 - Defense: Low Block with the Outer Forearm & Rising Block with the Outer Forearm
 - Counter: Reverse Middle Punch
- 2)
 - Attack: Turning Kick and High Punch
 - Defense: Knifehand Guarding Block and Crescent Kick Defensive
 - Counter: Lead Leg Side Kick Consecutive with the Crescent Kick Defensive
- 3)
 - Attack: Middle Punch, Front Kick to the Knee
 - Defense: Guarding Block, Bending Stance (evasion) Guarding Block
 - Counter: Middle Side Kick
- 4)
 - Attack: Middle Punch, Low Front Kick
 - Defense: Twin Outer Forearm, Circular Block
 - Counter: Front Kick Reverse Punch

2 STEP for 5th Gup GREEN

- 1)
 - Attack: Turning Kick and Middle Punch
 - Defense: Double Inner Forearm Block (Reinforced) and Palm Hooking Block
 - Counter: Grasping Reverse Middle Punch
- 2)
 - Attack: Middle Front Kick and High Punch
 - Defense: Middle Inner Forearm Block and High Side Block with Outer Forearm
 - Counter: Reverse Middle Punch
- 3)
 - Attack: Middle Punch, Front Kick to the Knee
 - Defense: Twin Knifehand Block, Bending Stance Guearding Block (evasion)
 - Counter: Middle Side Kick, Trapping Reverse Elbow Strike
- 4)
 - Attack: Turning Kick, Middle Punch
 - Defense: Reinforced Inner Forearm Block, Middle Inner Forearm Block
 - Counter: Front Kick, Lead Punch, Reverse Punch.

8th Gup Yellow

- Bear Hug - Drop to sitting stance arms push up + rear elbow strike.
- Cross wrist Grab - Circle to the outside, grab opponent's wrist, pull arm straight and apply pressure to elbow.
- Lapel Grab - Knee Kick
- Single Wrist Grab - Wrist Lock, Front Kick

7th Gup Yellow

- Front Choke or Lapel Grab - Weave over under, push up then elbow strike.
- Lapel Grab - Wedging Block, front kick punch.
- Single Wrist Grab - Pull release spinning back fist (from Do San)
- Rear Choke - Back Kick

6th Gup Green

- Rear Choke - Turn, reach over both arms, circle under for an arm bar + punch
- Cross Wrist Grab - Pull hand up, push down on the elbow joint with the other hand. Continue to push hand over opponent's shoulder and throw.
- Cross Wrist Grab - Reach over then weave under the arm, put pressure on the shoulder blade and knee kick.
- Front Choke - Palm Strike to Face, Front Kick

5th Gup Green

- Choke or Lapel Grab - Take both hands twisting outwards and pushing down on wrists + front kick
- Head Lock - Reach over opponent's head, put your hand under his chin or nose and push back.
- Hair Grab - Trap hands against the head, squeeze then step back will leaning down.
- Bear Hug - Foot Stomp (distraction), Elbow