



Mu Sa Kwan Tang Soo Do Federation

Name _____

Please Print Carefully!

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|--------------------------------------|--------------------------------------|
| 1. Yi Dan Nak See Cha Gi _____ | Skip Hook Kick |
| 2. Ahneso Phakuro Chi Gi _____ | Inside To Outside Kick |
| 3. Ahp Poro _____ | Front Stretch Up |
| 4. Yup Poro _____ | Side Stretch Up |
| 5. Dwi Poro _____ | Back Stretch Up |
| 6. Ahp Yup Chi Gi _____ | Front / Side Kick |
| 7. Dull Ryo Chi Gi _____ | Round House Kick |
| 8. Moo Roop Kong Kyuk _____ | Knee Attack |
| 9. Dwi Dull Ryo Chi Gi _____ | Back Round House Kick |
| 10. Yi Dan Ahp Chi Gi _____ | Jump Or Skip Front Kick |
| 11. Yi Dan Yup Cha Gi _____ | Jump Or Skip Side Kick |
| 12. Yi Dan Dwi Cha Gi _____ | Jump Or Skip Back Kick |
| 13. Yi Dan Dull Ryo Cha Gi _____ | Jump Or Skip Round House Kick |
| 14. Peet Cha Gi _____ | Reverse Round House Kick |
| 15. Dwi Yi Dan Nak See Cha Gi _____ | Back Skip Hook Kick |
| 16. Dwi Yi Dan Aup Cha Gi _____ | Back Skip Front Kick |
| 17. Dwi Yi Dan Yup Cha Gi _____ | Back Skip Side Kick |
| 18. Dwi Yi Dan Dull Ryo Chi Gi _____ | Back Skip Round House Kick |

APPROVED BY Master Greg Boliard
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