

# 정무관

Geup	Gibon + jase	Nakbeop	Balchagi	Gwonbeop	Hosinsul	Hankido
8.Yellow	Jeonhwanbeop Yeongnyubeop Bobeop (f/b/s/45)  Natural stance Defensive stance Offensive stance	Back fall Side val Roll	Heel high kick Inside crescent kick Outside crescent kick Heel push kick	Elbow Outside strikes Punches - Jab - Cross - Combination	Wrist grab L-R Offensive	
					Escapes Arrest lock Inside outside high wrist lock Wrist throw Figure-4 lock	
7.Orange:	Simhwabeop Hankumbeop	Front fall Tumbler	Round house kick Side kick Back side kick Instep kick Sweep kick	Palm heel strike Inside strikes	Wrist grab R-R	
					Elbow lock S-lock Outward wrist lock Arms crossed on back lock	
6.Green:		Back roll	<b>Jumping:</b> Instep kick (Front) side kick Round house kick <b>X-step:</b> X-step round house kick X-step side kick	Jeonhwan gwonbeop 1 <b>Blocks</b> Medial block Lateral block Frontal block Helmet block Triangle block X-block	Elbow, shoulder and revers grab	Wrist grab R-R
					Leg sweep	1.Gwanjeolgibeop 2.Chigibeop
5.Blue:	4-bang jeonhwanbeop 4-bang yeongnyubeop	Front / back roll Roll with break	Outside kick Slap kick Spinning heel kick Turning back side kick <b>X-step:</b> X-step outside heel kick <b>Combinations:</b> Inside + outside kick Inside + front side kick	Jeonhwan gwonbeop 2 Jeonhwan gwonbeop 3	Double wrist grabs	3.Sipjagibeop 4.Nae-oegibeop
					Leg locks Hip throws	5.Gyeoranggibeop 6.Mokgamabeop
4.Purple:		Circle steps roll Soft front fall	<b>Combinations:</b> Instep + side kick(3) Instep + round house kick Sweep + side kick(3) Sweep + round house kick	Circle step block (outside) Circle step block vs. 2 persons	Double elbow, shoulder and revers grab	7.Mokkeokkigibeop 8.Eokkaetubeop 9.Jungpaltubeop 10.Hoejeontubeop
					Shoulder throws	
3.Red:		Hard flip fall	Low spinning heel kick 8-directions side kick	Circle step block (inside)	Punches	11.Palmokgibeop 12.Palbaegibeop
2.Red/black:	8-bang jeonhwanbeop		8-variations side kick Jumping spinning kicks	Circle step block vs. round house kick	Neck locks	Cheongibeop 1-6
1. Preliminary black			Jumping double kicks	Circle step block vs. side kick		Punch
						Cheongibeop 7-12
Belt	Basics & stances	Falling	Kicking	Strikes & blocks	Self defense	Hankido