

# Ho Sin Sool

(Self Defense)

## Current Rank

## Promotion Requirements

### 10th Gup



### 9th Gup

Cross hand wrist grab - Il Bon (release & counter only)

### 9th Gup



### 8th gup

Cross hand wrist grab - Il Bon

### 8th Gup



### 7th gup

Cross hand wrist grab - E Bon

### 7th Gup



### 6th gup

Cross hand wrist grab – Sam Bon & Sa Bon

\* Children: Cross hand wrist grab - Il Bon & Ee Bon

### 6th Gup



### 5th gup

Same side wrist grips - Il Bon & E Bon

\* Children: Same side wrist grips – Il Bon

### 5th Gup



### 4th gup

Same side wrist grips - Sam Bon & Sa Bon

\* Children: Same side wrist grips – Ee Bon

### 4th Gup



### 3rd gup

Two on One Wrist Grips – Il Bon to Sam Bon

\* Children: Two on One Wrist Grips – Il Bon & Ee Bon

### 3rd Gup



### 2nd gup

Two on two wrist grips – Il Bon - Sa Bon

\* Children: Two on Two wrist Grips Il Bon

### 2nd Gup



### 1st gup

Side & Rear wrist grips Il Bon & Ee Bon

\* Children: Two on Two wrist Grips Ee Bon

### 1st Gup



### Cho Dan

All lower requirements.

\* Children: Il Bon & E Bon of each: cross hand, same