Impact Martial Arts 2nd Gup Curriculum Sheet

Note: All previously learned material is required at higher ranks!

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| --- | --- | --- | --- | --- | --- | --- |
| ***Hand Techniques*** | ***Kick Techniques*** | ***Forms*** | ***Weapons*** | ***One Steps*** | ***Self-Defense/Breakfalls*** | ***Physical*** |
|  |  |  |  |  | V steps with multi counters |   |
| very low knifehand block |  | Pyung Ahn Oh Dan | Knife Dexterity Drill | 19 & 20 | Dive Roll | 30 full p.u |
|   | jump spinning wheel kick | basic form from alt. room pos. | 1 handed figure 8's | 1-10 with left hand or follow up or 3 step | Rolling Breakfall | or |
|   | jump spinning hook kick |   | Bong Hyung Il Bu |   | alt. escapes for rear attacks | 50 kneeling |
|   | improvement in speed & power |   |  Alternating Fig 8’s |   | shrimp | 100 jump jacks |
|   |   |   |  Bong One Steps 16-20 |   | base and stand | 30 crunches |
|   |   |   |   |   | rear roll | 50 punches |
|   |   |   |   |   |   |   |

Other Requirements:

Attendance- MINIMUM of 150 classes prior to test date; 30 since last test

Written Test- 2nd Gup Written Test; submit study guide to be eligible

Thesis- Oral- See Instructor for Topic