Impact Martial Arts 1st 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*** | ***Weapon Def.*** |  ***Other*** |
| n/a | 360 back kick | Bassai |  ½ Bong Hyung E Bu | 21 to 23 | Straight stab (ang. 5) |  Inc. flexibility |
|  Oxjaw | 360 crescent kick | basic form w/ blindfold |  Basic Nunchaku Spins | increased timing, focus, and speed | Downward stab (ang. 12) |  Inc.agility |
|  Fore Knuckle Punch | 360 round kick |   |  Basic Nunchaku Catches | 1-15 with left hand or follow up or 3 step | Front stick up |   |
|  Tiger Claw |   |   |  Stab Triangle |   |  |   |

Other Requirements:

Attendance- MINIMUM of 180 classes prior to test date; 30 since last test

Written Test- 1st Gup Written Test; submit study guide to be eligible

Thesis- Oral- See Instructor for Topic