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