Impact Martial Arts 4th Gup Curriculum Sheet

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

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| ***Hand Techniques*** | ***Kick Techniques*** | ***Forms*** | ***Weapons*** | ***One Steps*** | ***Self Defense*** | ***Physical Requirements*** |
|  |  |  |  |  | V step defenses |  |
| No additional tech. |  | Pyung Ahn Sam Dan | Forward Fig 8 | 14 & 15 | full nelson | 20 full p.u |
|  | 1 stage jump front kick |  | Reverse Fig 8 |  | bear hugs | or |
|  | 1 stage jump round kick |  | 6-10 Bong One Steps |  | alt. escapes for front attacks | 35 kneeling p.u |
|  | increased flex. and power |  |  |  |  |  |
|  |  |  |  |  |  |  |

Other Requirements:

Attendance- Total of 96 classes prior to test date; 24 since last test

Written Test- 4th Gup Written Test, submit study guide to be eligible

Thesis- Written- See Instructor for Topic

Other- Can demonstrate ability to do 2-technique combinations with speed and proficiency