Impact Martial Arts 3rd 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*** | ***Other*** |
| High Knifehand Strike | 180 jump spinning crescent | Pyung Ahn Sa Dan | knife agility drills  | 16 to 18 | v steps with counters |  Demonstrate more advanced physical conditioning  |
| Spinning Backfist | Diagonal Kick |   | 12 angles of attack | 1-5 with left hand or follow up or as a 3 step | double wrist grabs |   |
| Spinning Knifehand | 180 back kick |   |  Basic Bong Spins |   |  |   |
| Ridgehand Strike |   |   |  Bong one steps 11-15 |   |  |   |
| Low/High X Block |   |   |   |   |   |   |

Other Requirements:

Attendance- MINIMUM of 120 classes prior to test date; 24 since last test

Written Test- 3rdth Gup Written Test; submit study guide to be eligible

Thesis- Written- See Instructor for Topic