Impact Martial Arts 6th 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*** | ***Physical*** | ***Sparring*** |
| 1 Finger Spear Hand | Spinning Wheel Kick | Pyung Ahn Cho Dan | n/a | 9 & 10 | side headlock | 10 full p.u | 1 on 1, basic level |
| 2 Finger Spear Hand | Spinning Hook Kick |  |  |  | Rear choke | or |  |
|  | Stepping Hook Kick |  |  |  | side breakfall | 25 kneeling p.u |  |
| Yuk Soo |  |  |  |  |  |  |  |
| Yuk Jin |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |

Other Requirements:

Attendance- MINIMUM OF of 48 classes prior to test date; 12 since last test

Written Test- 6th Gup Written Test; submit study guide to be eligible

Thesis- N/A

Other- Can demonstrate ability to do 2-technique combinations