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