Impact Martial Arts 5th 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*** | ***Sparring*** |
| 2 hand inside outside blocks | jump hook kick | Pyung Ahn E Dan | High, Low, Side Block w/ Bong | 11 to 13 | single lapel grab | Basic 1 on 1 |
| Middle Knifehand Block | double jump front kicks |  | 1-5 Bong One Steps |  | side wrist grab | Explain Tournament Rules |
| Spear Hand | outside/in crescent kick |  | Attention position |  | buddy grab |  |
|  | 2 kick combinations |  | Ready Position |  |  |  |
|  |  |  |  |  |  |  |

Other Requirements:

Attendance- Total of 72 classes prior to test date; 24 since last test

Written Test- 5th Gup Written Test

Thesis- N/A

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