|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Hand Techniques** | **Kick Techniques** | **Forms** | **Weapons** | **One Steps** | **Self Defense** |
| High Block | Front Kick | Sae Kye Hyung Il Bu | n/a | 1 to 3 | same side wrist grab |
| Low Block | Jump Front Kick |  |  |  | opposite side wrist grab |
| Inside outside block | Roundhouse Kick |  |  |  | choke |
| Outside Inside block | Side Kick |  |  |  |  |
| Punch and Punch exercise | Axe Kick |  |  |  |  |

Impact Martial Arts 9th Gup Curriculum Sheet

Other Requirements:

Attendance- Minimum of 12 classes prior to test date

Written Test- complete and submit 9th gup study guide

Thesis- N/A