Impact Martial Arts 8th Gup Curriculum Sheet

Note: All previously learned material is required at higher ranks!

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| ***Hand Techniques*** | ***Kick Techniques*** | ***Forms*** | ***Weapons*** | ***One Steps*** | ***Self Defense*** | **Breakfalls** |
|   | Jump Roundhouse Kick | Sae Kye Hyung E bu | n/a | 4 & 5 | belt grab |  Back |
| Side Punch |   |   |   |   | double lapel grab |  Front |
|   |   |   |   |   |   |   |
|   | Spin Back Kick  |   |   |   |   |   |
|   |   |   |   |   |   |   |

Other Requirements:

Attendance- MINIMUM of 24 classes prior to test date; 12 since last test

Written Test- 8th gup written test; submit study guide to be eligible

Thesis- N/A

Physical Requirements-