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-