Impact Martial Arts Cho Dan Bo Curriculum Sheet

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

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| ***Hand Techniques*** | ***Kick Techniques*** | ***Forms*** | ***Weapons*** | ***One Steps*** | ***Self Defense*** |
| Basic Boxing Ability | alt. applications of kicks | Naihanchi Cho Dan | Bong Hyung E Bu | 24 & 25 | single attacker full intensity |
| basic 3 technique combinations |  |  | behind back spin | 1-20 with left hand or follow up or 3 step | basic takedown ability |
|  |  |  | propeller spin |  | scarf hold |
|  |  |  | Nunchaku Form |  | ground kicks |
|  |  |  | I Pattern Weapon Form |  | Angle 3 and 4 knife def. |

Other Requirements:

Attendance- MINIMUM of 210 classes prior to test date; 30 since last test

Written Test- Cho Dan Bo Written Test

Thesis-Random Oral- See Instructor for Topic on Test Night

Other: Demonstrate excellent physical conditioning