Impact Martial Arts 7th Gup Curriculum Sheet

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

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| ***Hand Techniques*** | ***Kick Tehniques*** | ***Forms*** | ***Weapons*** | ***One Steps*** | ***Self Defense/Breakfalls*** |
| Side Block | Running jump Kicks | Sae Kye Hyng Sam Bu | n/a | 6 to 8 | front roll |
| Low Knifehand Block | Flying Side Kick |   |   |   | back breakfall |
| Hammer Fist | Spin Crescent Kick |   |   |   | belt from behind |
| Back Fist | Jump Axe Kick |   |   |   | collar from behind |
| Vertical Punch |   |   |   |   | hammer lock |
| Plier Hand |   |   |   |   |   |

Other Requirements:

Attendance- MINIMUM of 36 classes prior to test date; 12 since last test

Written Test- 7th gup written test; submit study guide to be eligible

Thesis- N/A

Other- Can demonstrate ability to do 2-technique combinations