

1st Dan to 8th Gup Black Belt

Terminology

All Previous Terms and Knowledge

Hand Techniques

- 1) Crane Stance Low/High Block, Elbow/Punch
- 2) Quick Step Palm Strike
- 3) All Previous Requirements

Kicking

- 1) Penetrating Side Kick, Penetrating Cut Kick
- 2) Switch Feet, Fast Kick, Flying Back Kick
- 3) Tornado Ax**
- 4) All Previous Requirements

Self Defense Techniques (Ho Shin Sool)

- Grab (1 – 3)
- Knife (1 – 3)
- Takedown (1)

Forms

Rotating Curriculum Will Include One Of The Following Forms;
(Keumgang, Palgwe Il & Ee, Taebek, Palgwe Sam & Sa)

Breaking

3 Techniques Of Your Choice (With Instructor's Approval)

Physical Fitness

- Push-Ups (Male – 50, Female – 25)
- Sit-Ups – 75 (Male & Female)
- Consecutive Round Kicks 150 (75 Each Leg)

Experience

Minimum 36 Classes

**** Jumping Kicks are optional for students 30 years old and older (another kick will be substituted)**