

# 4<sup>th</sup> Gup to 2<sup>nd</sup> Gup Black Belt

## **Terminology**

All Previous Terms and Knowledge

## **Hand Techniques**

- 1) Double Down Block, Double Reverse Neck Chop
- 2) Eye Strike
- 3) All Previous Requirements

## **Kicking**

- 1) Fast Kick, Naram Bam, Back Hook
- 2) Fast Kick, Fast Double Round Kick
- 3) Jumping Out To In\*\*
- 4) All Previous Requirements

## **Self Defense Techniques (Ho Shin Sool)**

Bear Hug (1 – 5)

Hook Punch (1 – 2)

Knife (9 – 10)

## **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)