

2nd Dan 8th Gup to 6th Gup

Terminology

All Previous Terms and Knowledge

Hand Techniques

- 1) Front Stance Rear Hand Knife Block, Rib/Head Punch (Same Hand)
- 2) Jab, Reverse, Duck, Uppercut
- 3) All Previous Requirements

Kicking

- 1) Lead Leg Slide, Rear Round, Draw Step Ax, Slide Back, Back Hook
- 2) Broken Rhythm Back Kick, Double Round
- 3) All Jump Round Kicks**
- 4) All Previous Requirements

Self Defense Techniques (Ho Shin Sool)

Grab (7 – 12)

Gun (1 – 3)

Forms

Rotating Curriculum Will Include One Of The Following Forms;

(Palgwe O & Yuk, Chil & Pahl, Pyongwon, Creative)

Breaking

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

Physical Fitness

Push-Ups (Male – 60, Female – 35)

Sit-Ups – 85 (Male & Female)

Consecutive Round Kicks 200 (100 Each Leg)

Experience

Minimum 64 Classes

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