

# 2<sup>nd</sup> Dan 6<sup>th</sup> Gup to 4<sup>th</sup> Gup

## **Terminology**

All Previous Terms and Knowledge

## **Hand Techniques**

- 1) Double Knife, High Block Palm Strike
- 2) Thumbstrike
- 3) All Previous Requirements

## **Kicking**

- 1) Skip Cut, Head Round
- 2) Cut Step Fake, Jump Round (Rear Leg), Switch Back, Same Leg Round
- 3) All Jumping Back Kicks\*\*
- 4) All Previous Requirements

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

- Full Nelson
- Head Lock
- Arm Bar
- Both Arms Hooked
- Leg Being Held
- Escape From Mounted Position

## **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)**