

2nd Dan 4th Gup to 2nd Gup

Terminology

All Previous Terms and Knowledge

Hand Techniques

- 1) Jab, Grab and Elbow Smash (Sliding Forward)
- 2) Roll, Low/High Hook
- 3) All Previous Requirements

Kicking

- 1) 45 Degree Skip Back/Cover Round, Reset, Jump Back Kick
- 2) Exaggerated Switch, Back Hook
- 3) All Jumping Hook and Crescent Kicks**
- 4) All Previous Requirements

Self Defense Techniques (Ho Shin Sool)

Being Choked (1 – 5)

Gun (4 – 6)

Takedown (6 – 8)

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)**