



1st Dan to 8th Gup Black Belt

Terminology

All Previous Terms and Knowledge

Hand Techniques

- 1) Crane Stance Low/High Block, Elbow/Punch
- 2) Mountain Block
- 3) All Previous Requirements

Kicking

- 1) Back Round Kick, Jump Skip Hook
- 2) Twist Kick, Snapping In to Out Kick
- 3) Jumping Kick (Chose Either Tornado Ax Or Flying Back Hook)**
- 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)**