



2nd Dan 4th Gup to 2nd Gup

Terminology

All Previous Terms and Knowledge

Hand Techniques

- 1) Jab, Grab and Elbow Smash (Sliding Forward)
- 2) Double Palm Press (Up & Down)
- 3) All Previous Requirements

Kicking

- 1) Fake In to Out Kick, Round Kick (Fake Front Round)
- 2) 3 Kick Combo Of Your Choice (With Instructor's Approval)
- 3) Jumping Kick (Your Choice With Instructor's Approval)**
- 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;
(Chulgi, Palgwe O & Yuk, Basai, Kwangae, Pyongwon)

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)**