**Orange Belt with Stripe (7th Gup) Curriculum Sheet**

**Required Attendance**:

Minimum of 12 Classes & 1.5 Months (6 Weeks) Training since Date of Last Test

**Required Score on Test:**

60% - Written; 60% - Physical

**Required Thesis:**

N/A

**Other Requirements:**

None

**Required Techniques:**

Hand Techniques: Foot Techniques:

- Side Block - Jumping / Flying Side Kick

- 2 Finger Spear Hand - Jumping Axe Kick

- 1 Finger Speak Hand - Push Kick

- Vertical Punch

- Plier / Claw Hand

Forms: Weapons:

Sae Kye Hyung Sam Bu None

Hand One Step Techniques: Foot One Step Techniques:

#6 – Parry Block, Triple Punch #6 – Spinning Back Kick

#7 – Knife Hand Block & High Chop #7 – Step Out, Side Kick

#8 – Knife Hand Block, Grab, Pull In, Elbow #8 – Knife Hand Block, Double Grab, RoundHouse Kick

Self Defense Techniques: Other Self Defense Techniques:

#6 – Rear Belt Grab Hair Grab

#7 – Rear Collar Grab

#8 – Hammer Lock

Rolls & Break Falls: Sparring:

None Sparring ability against 1 person