**Orange Belt (8th 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:

- Reverse Punch - Back Kick

- Side Punch - Axe Kick

- Back Fist - Hook Kick

- Outside Inside Block - Stepping Hook Kick

Forms: Weapons:

Sae Kye Hyung E Bu None

Hand One Step Techniques: Foot One Step Techniques:

#4 – Knife Hand Block, Reverse Punch #4 – Spinning Back Kick

#5 – Knife Hand Block & High Punch #5 – Step Out, Side Kick

Self Defense Techniques: Other Self Defense Techniques:

#4 – Lapel Grab Rear Choke Hold

#5 – Front Belt Grab

Rolls & Break Falls: Sparring:

- Back Break Fall None