**White Belt with Stripe (9th Gup) Curriculum Sheet**

**Required Attendance**:

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

**Required Score on Test:**

60% - Written; 60% - Physical;

**Required Thesis:**

N/A

**Other Requirements:**

Student must have all Patches on Uniform

**Required Techniques:**

Hand Techniques: Foot Techniques:

- Middle Punch - Front Kick

- High Punch - RoundHouse Kick

- Low Punch - Side Kick

- Low Block - Jumping Front Kick

- High Block - Jumping RoundHouse Kick

- Inside Outside Block - Stepping Side Kick

- Hammer Fist - Stepping RoundHouse Kick

Forms: Weapons:

Sae Kye Hyung Il Bu None

Hand One Step Techniques: Foot One Step Techniques:

#1 – Knife Hand Block, Elbow #1 – Front Kick

#2 – Knife Hand Block, Elbow, Elbow #2 – Side Kick

#3 – Knife Hand Block, Chop Strike #3 – RoundHouse Kick

Self Defense Techniques: Other Self Defense Techniques:

#1 – Same Side Wrist Grab Front Choke Hold

#2 – Opposite Side Wrist Grab

#3 – Shoulder Grab

Break Falls: Sparring:

None None