

BLUE TO HIGH BLUE BELT

- *PalGwe 6*
- *1-step self defense techniques * 5 movements 26*
- *(Olympic Sparring) 16-18*
- *Questions from the Study Guide*
- *All Requirements from White to current rank*
- *FULL GEAR REQUIRED*
- *MUST ATTEND TOURNAMENT PRIOR TO BLACK TEST*
- *ELIGIBLE TO TEST EVERY OTHER MONTH*
- *MUST ATTEND (2) ADVANCED TRAINING CLASSES*
- *ADVANCED INSTRUCTOR*
- *SIGNATURE _____ DATE _____*
- *SIGNATURE _____ DATE _____*
- *Attend Testing Events even if not testing*

Rank/Gup : 6th Gup

