



## **Pyon Moo Do 1st Dan Curriculum**

### Forms

Short form – Um Yang Hyung

Long forms

- Muin Dok Lip Hyung (silhouette of a solo warrior in battlefield)
- Solim Kwan Bup (Shaolin Fist Technique)
- Extra BB Form

### Weapons

Staff – Hwa Rang Jang Bong Hyung

Sword – Hwa Rang Gum Moo Hyung

Dan Bong – Dan Bong Hyung

Extra weapon form

### Self Defense

Hoshin Jwa Gi Sul (1-20) – Defense from Seated Position

Hoshin Wha Gi Sul – Defense from Prone Position

Hoshin Yang Bang Cheo Ri Sul (1-20) – Defense against Two Opponents

Kong Kyuk Jurugi Sul – Offensive Choking

### Testing Requirements

Combination of 8-9 breaks (all arial) + plus one demonstration of speed/power/accuracy

Community service and/or leadership project