

PURPLE BELT

(Testing Purple to Blue)

Physical Requirements:

- 1) KICKS
 - A) Double roundhouse kick
 - B) All previous kicks

- 2) HAND TECHNIQUES
 - A) Palm block
 - B) Knife hand rising block
 - C) Outer middle block
 - D) Front back fist strike
 - E) Double middle knife hand block
 - F) Spear hand strike
 - G) All previous hand techniques

- 3) STANCES
 - A) All previous stances

- 4) FORM
 - A) Taegeuk Sa Jang
 - B) All previous forms (Adults Only)

- 5) FALLING
 - A) Back fall
 - A) Side fall

- 6) BOARD BREAKING
 - A) Back kick

- 7) IL BO GYORUGY (1-STEP SPARRING) #1-4 (ADULTS ONLY)
 - A) Number 1
 - i) Move right foot out into horse riding stance/left hand knife hand block/right hand middle punch/left hand low punch/right hand high punch

 - B) Number 2
 - i) Move right foot out into horse riding stance/left hand knife hand block/right hand neck strike/grab opponent's left shoulder and right hand/move right leg behind opponent's right leg/sweep opponent down (don't release the wrist) and punch to the opponent's face with the right hand

 - C) Number 3
 - i) Step back with the right foot into fighting stance/right foot inside crescent kick to opponent's block/right foot side kick (without putting the foot down)

 - D) Number 4
 - i) Right foot step forward/right hand middle inner block/right hand elbow strike/turn body/left hand elbow strike to the opponent's ribs/left hand back fist to the opponent's face/sweep opponent's right leg with your right leg/right leg side kick to head

BELT TEST REQUIREMENTS

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Physical Requirements continued:

8) SELF-DEFENSE (ADULTS ONLY)

The theme for the purple belt self-defense is how to escape and counter from hair grabs

A) One handed hair grab from front

- i) Grab the attacker's hand so he/she can't pull your hair. Put your arm on top of the attacker's arm. Press down on his/her elbow until he/she is in an arm bar.
- ii) Grab the attacker's hand so he/she can't pull your hair. Lean forward, towards the attacker. Step back as you lean forward causing the attacker's wrist to bend backwards until he/she lets go.

Mental Requirements:

1) WHAT IS THE MEANING OF THE PURPLE BELT?

- The purple belt represents power, the royal color of majesty. SIR/MA'AM!

2) WHAT IS THE MEANING OF TAEGEUK SA JANG?

- The fourth Taegeuk form signifies thunder. SIR/MA'AM!

3) COUNT FROM 20 TO 40 IN KOREAN.

- Twenty -- Samul
- Thirty -- Sarun
- Forty -- Mahun

4) WHAT ARE THE THREE RULES OF CONCENTRATION?

- Focus your eyes
- Focus your mind
- Focus your body

5) WHY DO WE PRACTICE CONTROLLED FREE SPARRING?

- To demonstrate mental discipline
- To show physical control over ourselves
- To build self-confidence which indicates a strong mind

6) ALL PREVIOUS MENTAL REQUIREMENTS

Tae Geuk Sa Jang

