Belt Test Requirements

Purple Belt

(Testing Purple to Blue)

Physical Requirements:

1) Attendance
   A) Minimum of 30 classes

2) Hand Techniques
   A) Downward Palm block
   B) Palm 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) Kicks
   A) Skipping front leg side kick
   B) Skipping front leg axe kick
   C) Skipping front leg hook kick
   D) Skipping front leg double roundhouse kick
   E) All previous kicks

4) Kicking Sequences
   A) Roundhouse kick, skipping front leg axe kick
   B) Roundhouse kick, skipping front leg hook kick
   C) Roundhouse kick, skipping front leg double roundhouse kick

5) Stances
   A) All previous stances

6) Form
   A) Taeguek Sa Jang
   B) All previous forms (Adults Only)

7) Self-Defense
   A) Double arm grab (2 straight arm grabs)
      i) Rotate arm similar to rule of thumb but instead of escaping, grab attacker's hand so his/her palms are facing up. Push kick to solar plexus.
   B) Double hand grab (two hands on one)
      i) Reach with your free hand across the body. Grab your hand and make a quick, sharp circle towards the inside across the attacker's hand. Elbow to temple, nose, throat, or solar plexus depending on body position and height difference.
   C) All previous self defense techniques

8) Board Breaking
   A) Skipping front leg side kick
PURPLE BELT
(Tested Purple to Blue)

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

6) KOREAN TERMINOLOGY
   • Skipping front leg side kick – Timio Ap Bal Yop Chaggie
   • Skipping front leg axe kick – Timio Ap Bal Tchigo Chaggie
   • Skipping front leg hook kick – Timio Ap Bal Hurio Chaggie
   • Skipping front leg double roundhouse kick – Timio Ap Bal Dulebon Pique Chaggie

7) KNOW WHAT PART OF THE FOOT IS USED TO STRIKE FOR EACH KICK
   • Skipping front leg side kick – Bottom of the heel
   • Skipping front leg axe kick – Back of the heel
   • Skipping front leg hook kick – Back of the heel
   • Skipping front leg double roundhouse kick – Instep (top)

8) BE ABLE TO IDENTIFY, DEFINE, AND ANSWER QUESTIONS ABOUT THE CURRENT LIFE SKILL CONCEPT. (Children only)

9) ALL PREVIOUS MENTAL REQUIREMENTS
Taegeuk Sa Jang

BELT TEST REQUIREMENTS