



PARK'S WORLD TAE KWON DO

217 E. PARK AVE LONG BEACH
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PURPLE BELT REQUIREMENTS **<Purple belt to Red belt>**

- 1. BASIC STANCES**
- 2. TEN BASIC MOTIONS**
- 3. FORWARD HANDS TECHNIQUE**
- 4. TEN STEP**
- 5. FORWARD KICKING COMBINATION**
- 6. FALLING TECHNIQUE (NAK BUP)**
- 7. SELF-DEFENSE**
- 8. FORM**
- 9. BREAKING**
- 10. TEN COMMANDMENTS**
- 11. SPARRING**
- 12. TERMINOLOGY TEST – Please flip over**
- 13. PROMOTION QUALIFICATION**
 - 1) 2 – 2 ½ months & up to 12 classes**
 - 2) Instructor's approval**
- 14. ALL EQUIPMENTS**

PURPLE BELT EDUCATION GUIDE

1. BELT MEANING

- The clear sky.
The student has developed speed and accuracy.

2. TERMINOLOGY

ENGLISH

Back Kick
Spinning Hook Kick
Thunder Kick
Tornado Kick
Thank You!

KOREAN

Dwi cha gi
Dwi dol ryo cha gi
Nah rae cha gi
Tun Cha gi
Gam sa hap ni da

3. When punching and kicking, what are the three vital spots to hit?

- I should hit between the nose and mouth (In Jung)
- I should hit the solar plexus (Myun Chee)
- I should hit the lower abdomen (Tan Jun)

4.

TEN COMMANDMENTS

1. Be loyal to your country.
2. Be loving and show fidelity to your parents.
3. Be loving between husband and wife.
4. Be co-operative between brothers and sisters.
5. Be faithful to your friends.
6. Be respectful to your elders.
7. Establish trust between teacher and student.
8. Think before killing any living thing.
9. Never retreat in battle.
10. Always finish what you start.....SIR!