



PURPLE BELT

(Testing Purple to Blue)

Physical Requirements:

- 1) KICKS
 - A) Skipping front leg side kick
 - B) Skipping front leg roundhouse kick
 - C) Skipping front leg double roundhouse kick
 - C) 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) ROLLING
 - A) Forward shoulder roll from knees
 - B) Backward should roll from knees or laying down on back

- 6) BOARD BREAKING
 - A) Back kick

- 7) IL BO GYORUGY (1-STEP SPARRING) #1-4
 - #1: Step to the right side/left hand single middle knife hand block
 - #2: Step to the left side/right hand single middle knife hand block
 - #3: Step back with the right foot into fighting stance moving away from the attack
 - #4: Step back with the left foot into fighting stance moving away from the attack

- 8) SELF-DEFENSE (ADULTS ONLY)
 - 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.

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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) KNOW WHAT PART OF THE FOOT IS USED TO STRIKE FOR EACH KICK
 - Skipping front leg roundhouse kick – Instep (top)
 - Skipping front leg side kick – Bottom of the heel
 - Skipping front leg double roundhouse kick – Instep (top)
- 7) BE ABLE TO IDENTIFY, DEFINE, AND ANSWER QUESTIONS ABOUT THE CURRENT LIFE SKILL CONCEPT. (Children only)
- 8) ALL PREVIOUS MENTAL REQUIREMENTS

Tae Geuk Sa Jang

