

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
 - B) Skipping front leg double roundhouse kick
 - C) 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) Taegeuk 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

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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) 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

Taeguk Sa Jang

