

MARTIAL ARTS USA

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PURPLE BELT

Dragons and Teen/Adult REQUIREMENTS

FORMS:

Palgwe Sa Chang:

1. Turn left 90 degrees, back stance, left hand “in to out” middle block and right hand high block (simultaneously together)
2. Hammer fist with right hand
3. draw left foot back, feet together, soto to neck with left hand
4. Turn right 90 degrees, back stance, right hand “in to out” middle block and left hand high block (simultaneously together)
5. Hammer fist with left hand
6. draw right foot back, feet together, soto to neck with right hand
7. Turn left 90 degrees, by stepping forward with left foot, back stance, double middle soto
8. front kick with right foot to chin
9. Step forward, front stance, kwon soo to stomach with right hand
10. Block down with right hand, and shift to horse stance
11. Step behind, horse stance, spin back fist with left hand
12. Step forward, front stance, face punch and “KI YUP”
13. Turn left 270 degrees, back stance, left hand “in to out” middle block and right hand high block (simultaneously)
14. Hammer fist with right hand
15. Draw left foot back, feet together, Soto to neck with left hand
16. Turn right 180 degrees, back stance, right hand “in to out” middle block and left hand high block (simultaneously)
17. Hammer fist with left hand
18. Draw right foot back, feet together, Soto to neck with right hand
19. Turn left 90 degrees, by stepping forward with left foot, back stance, double middle Soto
20. Front kick with right foot to chin
21. Step forward, front stance, Kwan soo to stomach with right hand
22. Block up with right hand and shift to horse stance
23. Step behind, horse stance, spin hammer fist with left hand
24. Step forward, front stance, face punch with right hand and “KI YUP”
25. Turn left 270 degrees by moving right foot up, horse stance, low block with left hand
26. Move left foot over, front stance, reverse stomach punch with right hand
27. Turn right 180 degrees by moving left foot up, horse stance, low block with right hand
28. Move right foot over, front stance, reverse stomach punch with left hand

ONE STEPS:

1-12

SELF DEFENSE:

Common ground attacks from the side

KICKS:

Jump round house kick
Jump side kick