

# MARTIAL ARTS USA

822 Petaluma Blvd, Petaluma, CA 94952



## 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. Drop down left arm into blocking position, Hammer fist with right hand
3. Draw left foot back, feet together, sudo to neck with left hand
4. Turn right 180 degrees, back stance, right hand "in to out" middle block and left hand high block (simultaneously together)
5. Drop down right arm into blocking position, Hammer fist with left hand
6. Draw right foot back, feet together, sudo to neck with right hand
7. Turn left 90 degrees, by stepping forward with left foot, back stance, double middle sudo
8. Front kick with right foot to chin
9. Step forward, front stance, knife hand (kwon soo) to sternum 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, **under the nose punch** with the right hand and "KI YUP"
13. Turn left 270 degrees, back stance, left hand "in to out" middle block and right hand high block (simultaneously)
14. Drop down left arm into blocking position, Hammer fist with right hand
15. Draw left foot back, feet together, Sudo 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. Drop down right arm into blocking position, Hammer fist with left hand
18. Draw right foot back, feet together, Sudo to neck with right hand
19. Turn left 90 degrees, by stepping forward with left foot, back stance, double middle sudo
20. Front kick with right foot to chin
21. Step forward, front stance, Knife Hand (Kwon soo) to sternum with right hand
22. Block up with right hand and shift to horse stance
23. Step behind, horse stance, spin back fist with left hand
24. Step forward, front stance, **under the nose punch** with right hand and "KI YUP"
25. Turn left 270 degrees, 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