

PURPLE BELT REQUIREMENTS

MINIMUM REQUIREMENTS

7 Weeks and 14 classes since last test

NEW TECHNIQUES

Crescent Kick (front leg)

Front Palm Strike

PATTERN: TAE UM CHIL JUL

(Ready Stance to Front Stance) Open Hand Inward Block_{body level}, Rear Punch, Rear Leg Swing Kick_{ball of foot}, Back Fist Strike, Rear Punch, Front Vertical Round Punch, Dodge, Front Vertical Round Punch_{defensive}

COMBINATION

(Front Stance) Open Hand Inward Block_{body level}, Rear Punch, Rear Leg Swing Kick_{ball of foot}, Back Fist Strike, Rear Punch, Front Vertical Round Punch, Dodge, Front Vertical Round Punch_{defensive}

SPEED DRILL #5

(Front Stance) Rear Leg Side Kick, Knife Hand Strike, Rear Punch, Rear Leg Swing Kick

DEFENSE DRILL

Movement: Free movement in a confined area

Attack: Hand and foot techniques while moving toward partner

Defense: Moving in the X patterns while blocking

AIR SHIELD

Bada Chagi Air Shield Attack

POWER TEST

Front Vertical Round Punch

Congratulations! You are now an Advanced Student!

Adult Students can now take the Farmington Martial Arts Advanced Classes.

Junior Students can now take the Farmington Martial Arts Advanced Classes.