

PURPLE BELT SENIOR REQUIREMENTS

MINIMUM REQUIREMENTS

7 Weeks and 14 classes since last test

NEW TECHNIQUES

Crescent Kick (rear leg)

Rear Palm Strike

PATTERN: TAE UM CHIL JANG

(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}

Last Direction: Rear Punch

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}, Rear Punch.

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

Swing Kick Rear Leg

CLOSE RANGE (ADULT ONLY)

Front Tackle