

## **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

## Taegeuk Sa Jang

