

Purple Belt





INTEGRITY

**DO WHAT YOU KNOW IS RIGHT, ALWAYS.
WITH COMMITMENT TO YOUR DEEPEST CONVICTIONS
YOU STAND TALL AGAINST TIME AND TIDE.**

**Purple Belt (7th Gup to get 6th Gup)
Requirements for Testing to Green Belt:**

Poomse (Form): Palgwe 2

Techniques:

- **Blocks-** Low section Knife-Hand Guarding Block, middle section double forearm block, low section double forearm block
- **Kicks-** Previous Kicks with a slide;

Self Defense: Rolls- Double Shoulder, Single Shoulder, Back, Side, Feather Set

Weapon: Basic Stick & Staff Movement:

Class 1

01 Introduction

Warm Up-

50 Jumping Jacks, 30 Push Ups & Situps
Standing and Seated Stretches

03 Sliding Kicks

07 Feather Set (Double & Single Shoulder, Back & Side Roll)

03 Palgwe 2 (Section 1)

Class 2

- Warm Up-
 - 50 Jumping Jacks, 30 Push Ups & Situps
 - Standing and Seated Stretches
- 02 Upper Body Warm Up
- 07 Feather Set
- 05 Basic Stick Movement (Circles and Figure 8s)
- 03 Palgwe 2 (Section 1 & 2)

Class 3

Warm Up-

50 Jumping Jacks, 30 Push Ups & Situps

Standing and Seated Stretches

02 Upper Body Warm Up

03 Sliding Kicks

05 Basic Stick Movement (Circles, 8s & Blocks)

03 Palgwe 2 (Section 1 - 3)

Class 4

- Warm Up-
50 Jumping Jacks, 30 Push Ups & Situps
Standing and Seated Stretches
- 02 Upper Body Warm Up
- 07 Feather Set
- 06 Basic Staff Movement (Circles & Figure 8s)
- 03 Palgwe 2 (Section 1 - 4)

Class 5

- Warm Up-
50 Jumping Jacks, 30 Push Ups & Situps
Standing and Seated Stretches
- 02 Upper Body Warm Up
- 03 Sliding Kicks
- 06 Basic Staff Movement (Circles, 8s & Blocks)
- 03 Palgwe 2 (Section 1 - 5)

Class 6

Warm Up-
50 Jumping Jacks, 30 Push Ups & Situps
Standing and Seated Stretches

02 Upper Body Warm Up

03 Sliding Kicks

07 Feather Set

05 Basic Stick Movement (Circles, 8s & Blocks)

06 Basic Staff Movement (Circles, 8s & Blocks)

03 Palgwe 2 (Section 1 - 5)

Repeat Class 6 until you are comfortable with all of the techniques.

Then test for your Purple Belt.