



## \*Purple Belt

- 1) Kicks
  - a) Butterfly kick
  - b) Step butterfly kick
  - c) Backwards butterfly kick
- 2) One Steps - Leg techniques (opponent steps forward with right foot and right hand punch) (Adults only - repeat on left side)
  - a) Left hand outer block while moving right foot out into horse stance then left foot round kick
  - b) Right hand outer block while moving left foot out into horse stance then right foot round kick to midsection
  - c) Slide back with the right foot back dodging the punch, then skip side kick with the left foot to midsection
  - d) Slide back with the left foot back then butterfly kick with the right foot midsection or high
- 3) Self-Defense
  - a) Front bear hug
  - b) Rear choke
- 4) Strength test - 25 push ups - good form
- 5) Board Breaking - Spinning Hook Kick
- 6) Form - Taegeuk Sa Jang
- 6) What is the meaning of the purple belt?
  - a) The purple belt represents power, the royal color of majesty.
- 7) What is the meaning of Taegeuk Sa Jang?
  - a) The fourth taegeuk form signifies thunder.
- 8) Count to 50 in Korean - Shehun
- 9) Why do we practice controlled sparring?
  - a) To demonstrate mental discipline
  - b) To show physical control over ourselves
  - c) To build self confidence which indicates strong mind
- 10) What are the three rules of concentration?
  - a) Focus your eyes
  - b) Focus your mind
  - c) Focus your body

\*Must remember all previous Kicks, Blocks, Strikes, Stances, Self Defense and Forms