

PURPLE BELT CURRICULUM

Training Period: 4 Months	Minimum Classes: 32
Suggested Equipment: Boxing Gloves	

PUNCHES:

SPIN ELBOW	REAR ARM
PALM HEEL	REAR ARM

KICKS:

AXE KICK	FRONT & BACK LEGS
SPIN HOOK KICK	BACK LEG
JUMP TWIST KICK	FRONT LEG KICKS
JUMP SPIN BACK KICK	FRONT LEG

KATA ("HYUNG," FORM OR PATTERN):

TOI GYE	"PEN NAME OF A NOTED SCHOLAR"
JUENG GYN	"POLITICAL ASSASSIN"

BLOCKS (BASICS): (SAME ARM/LEG OUT)

GROIN GRAB
BO BLOCK

ESCAPES/GRAPPLING:

MOUNT – ARM BAR
GUARD – ANKLE LOCK

ONE STEPS:

CLASSICAL -2 CREATED BY YOURSELF (TAKEDOWN OPTIONAL)
PRACTICAL - 2 CREATED BY YOURSELF (TAKEDOWN OPTIONAL)

COMBINATIONS:

PULLING (SLIDE UP) ROUND KICK/STEP DOWN COUNTER HOOK KICK
FAKE ROUND KICK/HOOK KICK

SPARRING:

LIGHT CONTACT CONTINUOUS SPARRING -
LEG KICKS & SWEEPS

BREAKING: REVERSE PUNCH SPIN BACK KICK

ALL BLUE BELT CURRICULUM IMPROVED

PURPLE BELT WRITTEN EXAM

Tests are taken directly before physical exam on test day. If age appropriate, the instructor will ask the questions to the student. Feel free to take notes during class.

FILL IN THE BLANK

1. "Take pride in the little differences that, when added together, make the big difference" this is the character trait Quality .
2. Toi gye means Pen Name of a Noted Scholar .
3. Jeung gyn means Political Assassin .
4. Kyu is the Japanese name for a student rank.
5. Gup is the Korean name for a student rank.

MATCHING

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| 6. <u>b</u> Jhoon Rhee | a) A my General who named TKD |
| 7. <u>d</u> Gichen Funakoshi | b) Father of American TKD |
| 8. <u>e</u> Jigoro Kano | c) popularized karate in movies |
| 9. <u>a</u> Choi Hong Hi | d) Father of Modern Karate |
| 10. <u>c</u> Bruce Lee | e) Invented belt rank system |