

TECHNICAL INFORMATION

Purple Belt Testing Requirements

A. Basics & Kicks = 1st stripe

1. Square block - Front high/low block - Knifehand block
Reverse horizontal elbow strike - Back elbow strike
Vertical punch
2. Hook kicks # 1-2-3-4 - Reverse hook kick
Step reverse hook kick - Spin hook kick
Step spin hook kick - Jump crescent kicks # 1-2-3-4
Jump round kick # 1-2-3-4

B. Form & Free sparring = 2nd stripe

1. In Wha 1 = 44 Moves
2. Free sparring (Must use own kicking techniques in sparring)
3. Martial art attitude

C. Board Break = 3rd stripe

1. Break 1 station 1 board
2. Sparring segments # 1-2-3
3. Self-defense techniques

Form: IN WHA IL-JAHNG (#1)

		STANCE	SECTION			STANCE	SECTION		
1.	L	Double Knifehand Block	B	H	23.	R	Vertical Punch	F	H
2.	R	Reverse Horizontal Elbow Strike	F	M	24.	L	Punch - Ki-hap	B	M
3.	R	#2 Inner Crescent Kick	--	H	25.	L	Knifehand Strike	B	H
4.	L	Reverse Side Kick	--	M/H	26.	R	Front High/Low Block	C	H&L
5.	L	Vertical Back Elbow Strike	B	M	27.	L	Double Knifehand Block	B	H
6.	R	Double Outer Forearm Block	S	H	28.	R	Horizontal Reverse Spearhand	B	H
7.	L	#2 Round Kick	--	L	29.	L	Outer Crescent Kick	--	M/H
8.	L	Repeat Round Kick	--	H	30.	R	Knifehand Block	M	H
9.	L	Double Outer Forearm Block	S	H	31.	L	Punch	M	M
10.	R	Double Knifehand Block	B	H	32.	L	Square Block	B	H
11.	L	Reverse Horizontal Elbow Strike	F	M	33.	R	#2 Front Kick	--	M/H
12.	L	#2 Inner Crescent Kick	--	H	34.	R	Side Kick - Ki-hap	--	M/H
13.	R	Reverse Side Kick	--	M/H	35.	R	Reverse Vertical Punch	F	M
14.	R	Vertical Back Elbow Strike - Ki-hap	B	M	36.	L	Vertical Punch	F	H
15.	L	Double Outer Forearm Block	S	H	37.	R	Punch	B	M
16.	R	#2 Round Kick	--	L	38.	R	Knifehand Strike	B	H
17.	R	Repeat Round Kick	--	H	39.	L	Front High/Low Block	C	H&L
18.	R	Double Outer Forearm Block	S	H	40.	R	Double Knifehand Block	B	H
19.	R	Square Block	B	H	41.	L	Horizontal Reverse Spearhand	B	H
20.	L	#2 Front Kick	--	M/H	42.	R	Outer Crescent Kick	--	M/H
21.	L	Side Kick	--	M/H	43.	L	Knifehand Block	M	H
22.	L	Reverse Vertical Punch	F	M	44.	R	Punch	M	M

Sparring Segments

Segment #1

- L Sparring stance
- L Outer forearm block H
- L #1 Hook kick H
- R Reverse punch M
- R #2 Jump round kick H
- R Knifehand strike H
- L Ridgehand M

Segment #2

- R Sparring stance
- R #1 Jump round kick H
- L Low block L
- L #2 Round kick H
- L Backfist H
- R Reverse punch M
- L Punch H
- L Right foot step forward
- Reverse hook/round kick H

Segment #3

- L Sparring stance
- R #4 Hook kick H
- R Outer forearm block H
- L Reverse punch H
- L Low block L
- L Outer forearm block H
- L #2 Jump front kick M

Self-defense Techniques (A) Attacker (D) Defender

1. (A) Grab with punch
(D) Secure Arm, Radial strike, Knee to Common Peroneal, Elbow strike.
2. (A) Grab with punch.
(D) Lock up, Jugular notch, Palm heel, Wrist lock/inverted finger lock to take down.