



PURPLE BELT

New Techniques Front Foot Crescent Kick Rear Foot Crescent Kick (inward and outward)

Pattern One Direction

Parallel ready stance.

Step back with the left leg + Open Hand Middle Block

Ki Hap.

Front Foot Roundhouse Kick (instep) then Back Fist strike & rear straight punch .

Rear Foot Roundhouse Kick then Back Fist strike .

Rear diagonal Punch.

(Ki Hap).

Front leg returns to parallel ready stance.

Repeat opposite side (adults).

Speed Drill Left Forward Guard Stance.

Step forward - Front straight Punch.

Rear straight Punch. + Looping Dodge + rear straight Punch again.

Rear Foot inward Crescent Kick (Ki Hap).

Repeat on right side.

Defense Drill

Starting from hands down natural stance, one side attempts to attack by jumping forward into kicking range . The partner quickly counters with a stopping-kick and follows up with 3-5 techniques. The first partner dodges or blocks lightly to allow the second partner to execute multiple movements freely.

AirShield “Bada Chagi” (means = Stopping Kick) in Air Shield Attack

CloseRange All Previous Close Range (Adults Only)

Power Test First 2 counts Front Foot inward Crescent Kick and
next 2 counts Rear inward Crescent Kick (or Examiners decision)
