

Purple Belt Requirements - Adults

(Minimum 2 months & 20 classes)

First Blue Stripe

Hand Strikes and Kicking Basics

1. Hook Kick
2. Hammer Fist

Pads Kicks

1. Offensive Side Kick
2. Defensive Side Kick
3. Back Leg Thrust Kick

Kickboxing Techniques

1. Jab, Punch, Back Leg Round Kick, Back Leg Round Kick

Second Blue Stripe

Self-Defense

1. Head Lock
2. Arm Bar Choke
3. All previous self-defense techniques

Third Blue Stripe

Blocks/Marching Basics

1. Sudo Block (back stance) – Punch (front stance)
2. Sudo Block (back stance) – High Block (front stance) – Punch (front stance)
3. Low Block (front stance) – Front Kick/Lunge Punch (front stance)

Form

Wan Jun Hyung “Pursuit of Excellence” (first half)