

Purple Belt Requirements - Youth

(Minimum 2 months & 20 classes)

First BlueStripe

Hand Strikes and Kicking Basics

1. Slide Round Kick
2. Back Leg Round Kick
3. Offensive Side Kick

Second Blue Stripe

Self-Defense

1. Head Lock
2. Arm Bar Choke

Third Blue Stripe

Classical Basics

1. Sudo Block (back stance)
2. Classical Punch (front stance)
3. Low Block (front stance)
4. High Block (front stance)

Form

Wan Jun Hyung " Pursuit of Excellence" (first half)