

Purple Belt Requirements – Adults

(Minimum 2 months & 20 classes)

First Blue Stripe

New Hand Strikes

1. Hammer Fist

Previous Hand Strikes

1. Ridge Hand
2. Palm Heel
3. Back Fist / Jab
4. Reverse Punch
5. Front & Back Hooks
6. Front & Back Uppercuts

New Kicking Basics

1. Hook Kick

Previous Kicking Basics

1. Slide Round Kick
2. Back Leg Round Kick
3. Side Kick
4. Round Kick
5. Front Leg Front Kick
6. Back Leg Front Kick
7. Back Leg Thrust Kick
8. Back Kick

New Pad Strikes

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

Previous Pad Strikes

1. Thrust Kick
2. Standing Side Kick (on Bar)

New Kickboxing Techniques

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

Previous Kickboxing Techniques

1. Jab, Punch, Front Upper Cut, Back Upper Cut
2. Jab, Punch

Second Blue Stripe

New Self-Defense

1. Head Lock
2. Arm Bar Choke

Previous Self-Defense

1. Front Choke
2. Bear Hug
3. Outside Block – Palm to attackers nose
4. Lapel Grab
5. Outside & Inside Blocks
6. Front Wrist Grabs
7. Rear Wrist Grabs

Third Blue Stripe

Stances

1. Back Stance
2. Front Stance

New Blocks/Marching Basics

1. Sudo Block (Back Stance) – High Block (Front Stance) – Punch (Front Stance)
2. Low Block (Front Stance) – Front Kick/Lunge Punch (Front Stance)

Previous Blocks/Marching Basics

1. Sudo Block (Back Stance) – Punch (Front Stance)

Form

Wan Jun Hyung “Pursuit of Excellence” (First Half)