



Solid Purple Belt Requirements

(Minimum 2 months & 20 Classes)

IN ADDITION TO EVERYTHING LEARNED AT THE PREVIOUS LEVEL(S)

1st Blue Stripe (Basics)

Kicking Strikes

1. [Hook Kick](#)
2. Low + High Round Kick
3. Single Side Kick balancing for 3 seconds
4. 3 Multiple Round Kicks without setting down

2nd Blue Stripe (Self-Defense)

Arm Bar Choke

1. Attacker is behind the defender.
2. Attacker grabs defender in an armbar choke.
3. Defender brings hands up and grips the attacker's wrist and forearm.
4. Defender steps to the side as they pull down on the attacker's wrist/arm.
5. Defender follows up with one hammer fist to the groin with their closest hand.
6. Defender then strikes the attacker's gut with an elbow strike with their closest arm.
7. Defender swoops under the attacker's arm and contains them for a moment in a hammerlock.
8. Defender pushes the attacker away.
9. Defender steps away into a fighting stance.

Headlock

1. Attacker grabs the defender in a headlock.
2. Immediately the defender hooks their arm around the back of the attacker and traps the attacker's farthest arm.
3. The defender also traps the attacker's closest leg.
4. The defender pulls their body up and around the attacker's closest leg putting them in a good groin striking position.
5. The defender lets go of the hand on the attacker's knee and follows up with hammer fist strikes to the groin.
6. The hand that was on the attacker's arm slides up to the attacker's farthest shoulder.
7. The hand that was striking with hammer fists then grabs the attacker's wrist by the defender's throat.
8. Defender swoops under the attacker's arm and contains them for a moment in a hammerlock.
9. Defender pushes the attacker away.
10. Defender steps away into a fighting stance.

3rd Blue Stripe (Form)

Shin Gin Hyung (1st half)

"Dawn of Truth"