

Stripe Requirements - Purple Belt

Stripes

1.) New Techniques

- Slow punch in a sitting stance (3 seconds), Two fast punches
- Slow hooking block (3 seconds) with both sides, Fast punch in a front stance

2.) New Techniques

- Rear leg side kick, Reverse elbow strike (land in a front stance)
- Double knife-hand square block in a back stance, Step spear-hand strike

3.) New Techniques

- Jump back fist, Land in X stance
- Double inner forearm block in a front stance

4.) Sparring for 2 minutes

- One round of sparring (Blocking Only)

5.) Demonstrate the Purple Belt Form (Yul Gok)

- State the name and number of moves in this form
- Demonstrate entire form with no mistakes and a lot of power

