

PURPLE-BELT REQUIREMENTS

OO-GUP (5th Grade) Requirements TECHNICAL INFORMATION



1 st STRIPE: Form & Basic Techniques	2 nd STRIPE One-Step Defenses	3 rd STRIPE: Terminology / Attitude
All Uk-Gup Requirements Taegeuk Sa Jahng New Techniques	Two-Step Defenses Free Sparring Hol Sin Sol	Required Board Breaks Required Terminology Definition of 3 rd Tenet

Form: TAEGEUK SA JAHNG



MOVEMENT	Stance	Section	MOVEMENT	Stance	Section
<i>Step 90° CCW with left foot</i>			<i>Step 180° CW with right foot</i>		
1. L Double Knife-hand Block	RB	M	17. R Outside Forearm Block	LB	M
<i>Step forward with right foot</i>			18. L Front Kick	---	H
2. L Down Palm Block	---	M	<i>Kicking foot steps back to right front stance Slide right foot left back stance</i>		
3. R Spear Hand	RF	M	19. L Rev. Inside Forearm Block	LB	M
<i>Step 180° CW with right foot</i>			<i>Step 90° CCW with left foot</i>		
4. R Double Knife-hand Block	LB	M	20. L/R Knife High Block/Neck Chop	LF	H/H
<i>Step forward with left foot</i>			<i>Step forward with right foot</i>	---	H
5. R Down Palm Block	---	M	21. R Front Kick	RF	H
6. L Spear Hand	RF	M	22. R Back Fist		
<i>Step 90° CCW with left foot</i>			<i>Step 90° CCW with Left Foot</i>	LW	H
7. L/R Knife Face Block/Neck Chop	LF	H/H	23. L Inside Forearm Block	---	M
<i>Step forward with right foot</i>			24. R Reverse Punch		
8. R Front Kick	---	H	<i>Step 180° CW with right foot</i>	RW	H
9. L Reverse Punch	RF	M	25. R Inside Forearm Block	---	M
<i>Step forward with left foot</i>			26. L Reverse Punch		
10. L Side Kick	---	M	<i>Step 90° CCW with left foot</i>	LF	M
11. Spread Block	LM	L	27. L Inside Forearm Block	---	M
<i>Step forward with right foot</i>			28. R Reverse Punch	---	M
12. R Side Kick	---	M	29. L Punch		
13. R Double Knife-hand Block	LB	M	<i>Step forward with right foot</i>	RF	M
<i>Step 270° CCW with left foot</i>			30. R Inside Forearm Block	---	M
14. L Outside Forearm Block	RB	M	31. L Reverse Punch	---	M
15. R Front Kick	---	H	<u>32. R Punch (KiYap)</u>		
<i>Kicking foot steps back to left front stance</i>			<i>Return to Joon-Bee with left foot, facing front</i>		
<i>Slide left foot to right back stance</i>					
16. R Rev. Inside Forearm Block	RB	M			
Key: L - Left, R - Right. SECTION: H - High (Face), L - Low (Knee/Groin), M - Middle STANCE: F - Front Stance, B - Back Stance, C - Cat Stance, W - Walking, X - X Stance, P - Parallel					

TENETS: The definitions of the first FOUR Tenets must be memorized (word-for-word)

(1) Courtesy, (2) Integrity, (3) Perseverance, (4) SELF-CONTROL, (5) Indomitable Spirit

- One must exert self-control both inside and outside of the Do-Jang. Self control must be practiced to avoid injury to self and others.

PURPLE-BELT REQUIREMENTS



TERMINOLOGY:

BASIC

4th Taeguek Form..... Taeguek Sa Jahng
Jump..... Twieo

STRIKES

Backfist..... Deung Joomeok
Spearhand Strike Piun Son Keut Chiruegi

KICKS

Ax Kick.....Gee Gaw Chagi
Hook Kick.....Hoo Ryu Chagi

BLOCKS

Double Knifehand Block.....Momtong Sonnal Makki
Outside Forearm BlockBakat Makki
Pressing BlockNoolieo Makki
Face Block/ Neck Chop.....Jebipoom Mok Chigi

EE BOH DE RHAN (TWO-STEP SPARRING)

This drill is similar to Il Boh De Rhan with the difference being that the attacker will attack a second time after the defender has executed a single defense (block). The attacker will step forward to a left front stance and execute a left punch while the defender should be able to block and counter to the second attack. The second defense should be different than the first.

This drill simulates a failure of the first defense to stop the attacker. Too often, this is the case in the real world and the student would need to react with a defense against a second attack.

HOL SIN SOL (SELF DEFENSE)

TWO-HAND ESCAPE

1. Open the hands/Spread the fingers, Palm towards the floor
2. Push outward, then suddenly inward, palms facing one another
3. Step TOWARDS your opponent, pushing elbows under your hands, into your opponent
4. Push Opponent away, end with a Front Kick

KYUK PA (BOARD BREAKING)

REQUIRED: 3-Station Break COMPLETED within 15 Seconds

Oreun Doll-Yo Chagi (Right Roundhouse Kick)

Oen Doll-Yo Chagi (Left Roundhouse Kick)

Twieo Chagi (Jump Kick – Students Choice)

Points to Concentrate on when practicing the station break:

- During execution of the kicking techniques, the student may perform one non-contact “set-up” for each station.
- Careful attention should be paid to the placement of the 3 stations so that the entire presentation “flows” together.
- Only allow 1-2 SECONDS between breaks.
- LOUD Ki-Yap!