



Purple Belt Curriculum

Purple Belt Combinations:

All combinations are offensive

1. Back reverse hook kick, back leg round kick, back punch
2. Front leg hook kick, back leg front kick, back reverse hook kick, back punch
3. Back leg round kick, tornado kick, reverse hook kick, back ridge hand

Form: Jung-yi, meaning Justice 1-24

Chunbi: Cross wrists, hands open, chin level (left hand on the outside)

1. Left chop (no fold) down block and **yell** in low back stance, right back punch
2. Right fold and chop down block in back stance, left back punch
3. Turn north, low back stance, fold, left chop, right punch, rechop
4. (Low stance spin chop sequence) right step, inward chop with right hand, fold left on top, 360 degree counter clock turn and left step chop block with right back stance
5. Right back punch with **yell**
6. Right step right chop block in low back stance, left back punch, right rechop
7. Turn east 270 degrees, left chop down in low back stance
8. Right back punch
9. Turn west right chop down in low back stance, left back punch
10. Turn south, low back stance, fold, right chop, left punch, rechop
11. Right step front stance with fists X-block down (hands start in high tuck)
12. Fists X-block to chest to open hand X-block up
13. Open hands to V position, press block with left hand, right punch, left/right double punch
14. Right back step, left front stance with fists X-block down



15. Fists X-block to chest to open hand X-block up
16. Open hands to V position, press block with right hand, left punch, right/left double punch
17. Bring right foot to left and stand upright
18. Left front kick, right round kick, tornado kick (hit left palm)
19. Right elbow strike to left palm and **yell** in low open stance (Looking east)
20. Look south, fold, right chop block down in low back stance, left back punch
21. Turn west 270 degrees counter-clockwise and left chop block down in low back stance
22. Right back punch
23. Turn east, right chop block down in low back stance, left back punch and **yell**
24. Goman: Cross wrists, hands open, chin level (left hand on the outside)

Self Defense # 3 – Side shoulder Grab with Take down (3 Second Execution)

1. Attacker grabs shoulder
2. Step in overhand hook (Remember to get close)
3. Pivot and elbow to temple
4. Step behind attackers leg with back foot and push attacker over leg by chest
5. Maintain control and follow-up with a palm heel to nose with a yell.

3 Count Hook Kick

1. Hook Kick Chamber (just like sidekick fold)
2. Hook kick snap to round kick chamber position
3. Foot down



Sparring (Be sure to use light contact)

1. Mixed Rhythm Sparring

- Rhythm sparring with mixed count. 1st partner throws 1 technique, 2nd partner throws 2 techniques, 1st partner throws 3 techniques, 2nd partner throws 1 technique, etc.

2. Free Sparring

- Slide side kick
- Fade side kick

3. Point Sparring

- Blitz