

# PURPLE BELT CURRICULUM

Royalty - You are no longer a beginner and will start your path to black belt

STRIPES	MEANING	CURRICULUM
RED	SPARRING	Attend 2 sparring classes in 3 months ( see schedule for sparring class times) counter with turning back kick - double punch
WHITE	SELF DEFENSE	Back fall / Side Fall / Back to back sweep
BLUE	FORMS	TAE GUK SA JANG
BLACK	KICKS	BREAK - Step in turning back kick slide up hook kick / back leg side kick / back leg round kick / inside&outside crescent kick
GOLD	PAD DRILL	Jab Cross hook cross - L cover - cross hook - R cover - Hook cross
GREEN	HOME HELP	50 push ups / 50 sit ups / one area of home improvement
BROWN	Mixed Martial Art	GJJ class or a Fast Defense Seminar

## TAE GUK SA JANG

MOVEMENT	STANCE	TECHNIQUE
turn L 90	Back stance	Knife hand guard - Kihap
step forward	Front stance	Reinforced Spear hand
turn R 180	Back stance	Knife hand guard
step forward	Front stance	Reinforced Spear hand
Turn L 90	Front stance	jabi poomaki
Front kick R step forward	Front stance	L reverse punch
Back leg side kick		
Back leg side kick	Back stance	Knife hand guard - Kihap
turn L 270	Back stance	outside block
Back leg front kick - return	Back stance	reverse inside block
Turn R 180	Back stance	outside block
Back leg front kick - return	back stance	reverse inside block
turn L 90	Front stance	jabi poomaki
R front kick	Front stance	downward back fist
Turn L 90	walking	inside block
		reverse punch
turn R 180	walking	inside block
		reverse punch
turn L 90 - Step left	Front stance	inside block - double punch
step forward	Front stance	inside block - double punch - Kihap
move left foot	back to ready	

### PHRASES

Hello - AnYeon (haseyo for older person)  
 Thank you - Kamsa hamnida  
 Your Welcome - Chaman Hey yo  
 Taekwondo Studio DoJang

### NEEDED FOR GREEN BELT

12 classes - 14 Stripes  
 the stripe on the second side means you are testing ready

kick chagi  
 block mahki

Belt fee  
 Letter of Recommendation