

# ORANGE PURPLE BELT

You are transitioning from a Beginner to an Intermediate

STRIPES	MEANING	CURRICULUM
WHITE	SELF DEFENSE	Grab#1 Same side wrist grab
GOLD	PAD DRILL	jhc slip slip bw bw
GREEN	HOME HELP	Turn in Home Help. 4 push ups
BLUE	FORMS	1st half - Yuk Jang
BROWN	VERBAL JUDO	purple belt orientation & sparring orientation
RED	SPARRING	Double and Triple Round
BLACK	KICKS	back leg side
BROWN	Mixed Martial Art	Parents Attend Purple Belt Orientation / Student attends sparring orientation

## TAE GUK YUK JANG - 1st half

Tae Geuk Yuk Jang (6th form) represents the principle of water.

MOVEMENT	STANCE	TECHNIQUE
STEP LEFT - 90 degrees	1 FRONT STANCE	Low block KIHAP
Back leg front kick - return	2 Back stance	Outside block
turn R 180	3 FRONT STANCE	Low block
Back leg front kick - return	4 Back stance	Outside block
turn R 90	5 L front stance	Reverse outside knife hand block
R Round Kick	5 feet together	
Turn L 90	7 FRONT STANCE	outside block - R punch
forward	8 FRONT STANCE	Reverse punch
turn R 180	9 FRONT STANCE	outside block - R punch
forward	10 FRONT STANCE	Reverse punch
turn L 90	11 ready position	twin low blocks - tension
step R forward	FRONT STANCE	Reverse outside knife hand block
180	feet together	Kihap
270 turn	FRONT STANCE	low block
Front kick - return	back stance	outside block
turn L 180	FRONT STANCE	Low block
front kick - return	back stance	outside block
Turn L - move R foot	back stance	knife hand guard
step back	back stance	knife hand guard
Step back	FRONT STANCE	inside palm - Reverse punch
Step back	FRONT STANCE	inside palm - Reverse punch
move left	joon Be	

### PHRASES

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

### NEEDED TO BELT TESTS

12 classes - 14 Stripes  
 the stripe on the right side means we covered in class  
 the stripe on the left side means you are ready to test  
 at least 2 months  
 Belt fee  
 Letter of Recommendation