

Purple Belt Requirements - Youth

(Minimum 2 months & 20 classes)

First Blue Stripe

Previous Hand Strikes

1. Ridge Hand
2. Back Fist Punch Combination
3. Palm Heel
4. Back Fist
5. Punch

New Kicking Basics

1. Slide Round Kick
2. Back Leg Round Kick
3. Jump Scissor Kick

Previous Kicking Basics

1. Axe Kick
2. Side kick
3. Round kick
4. Front Leg Front Kick
5. Back Leg Front Kick
6. Back Leg Thrust Kick
7. Wheel Kick

New Pad Kicks

1. Offensive Side Kick

Previous Pad Kicks

1. Back Leg Thrust Kick

Second Blue Stripe

New Self-Defense

1. Head Lock
2. Arm Bar Choke

Previous Self-Defense

1. Front Choke
2. Bear Hug
3. Outside Block – Punch to attackers nose
4. Lapel Grab
5. Outside & Inside Blocks
6. Front Wrist Grabs
7. Rear Wrist Grabs

Third Blue Stripe

New Classical Basics

1. Low Block (front stance)
2. High Block (front stance)

Previous Classical Basics

1. Sudo Block (back stance)
2. Classical Punch (front stance)

Form

Wan Jun Hyung " Pursuit of Excellence" (First Half)