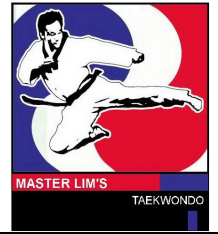


Requirements Purple to Red Belt



PURPLE BELT Meaning: The richness of Autumn.

Student deepens roots of self-discipline and self-control.

CURRICULUM

- ❖ **WHITE TAPE** Ten Basic Motion
Tiger stance, Single Mountain Block, Groin, X-Block

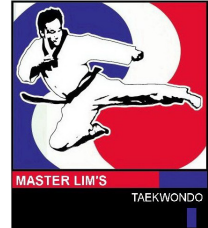
- ❖ **YELLOW TAPE** kicking Combination (guarding stance)
Skipping Kick, Switch, turn around Kick (both side)
Sparring: Combination kick 1

- ❖ **BLUE TAPE** Self Defense (Bear hug From behind)

- ❖ **RED TAPE** Belt Meaning
Breaking: Spinning Hook Kick

- ❖ **BLACK TAPE** TAE GUK FORM (Yook Jang)

Education Guide



PURPLE TO RED BELT

➤ Simple Korean Terminology & English Translation

<i>Korean</i>	English
PoomSe	Form
GyuRooGee	Sparring
HoShinSool	Self-defense

- Why do you train in martial arts?
 - for better mind, body, and spirit.

- What must you try to avoid, if possible?
 - fighting and violence.

STUDENT PLEDGE

I understand that the Martial Arts program strives toward the improvement of the whole person. It requires constant interaction between the spiritual and the physical. I will, therefore, be loyal to the spirit of Martial Arts, and those who have been inspired by its spirit.