

TECHNICAL INFORMATION

Purple Belt Testing Requirements

A. Basics & Kicks = 1st stripe

1. Square block - Front high/low block - Knifehand block
Reverse horizontal elbow strike - Back elbow strike
Vertical punch
2. Hook kicks # 1-2-3-4 - Reverse hook kick
Step reverse hook kick - Spin hook kick
Step spin hook kick - Jump crescent kicks # 1-2-3-4
Jump round kick # 1-2-3-4

B. Form & Free sparring = 2nd stripe

1. In Wha 1 = 44 Moves
2. Free sparring (Must use own kicking techniques in sparring)
3. Martial art attitude

C. Board Break = 3rd stripe

1. Break 1 station 1 board
2. Sparring segments # 1-2-3
3. Self-defense techniques

Form: IN WHA IL-JAHNG (#1)

		STANCE	SECTION			STANCE	SECTION
1.	L	Double Knifehand Block	B	H	23.	R	Vertical Punch
2.	R	Reverse Horizontal Elbow Strike	F	M	24.	L	Punch - Ki-hap
3.	R	#2 Inner Crescent Kick	--	H	25.	L	Knifehand Strike
4.	L	Reverse Side Kick	--	M/H	26.	R	Front High/Low Block
5.	L	Vertical Back Elbow Strike	B	M	27.	L	Double Knifehand Block
6.	R	Double Outer Forearm Block	S	H	28.	R	Horizontal Reverse Spearhand
7.	L	#2 Round Kick	--	L	29.	L	Outer Crescent Kick
8.	L	Repeat Round Kick	--	H	30.	R	Knifehand Block
9.	L	Double Outer Forearm Block	S	H	31.	L	Punch
10.	R	Double Knifehand Block	B	H	32.	L	Square Block
11.	L	Reverse Horizontal Elbow Strike	F	M	33.	R	#2 Front Kick
12.	L	#2 Inner Crescent Kick	--	H	34.	R	Side Kick - Ki-hap
13.	R	Reverse Side Kick	--	M/H	35.	R	Reverse Vertical Punch
14.	R	Vertical Back Elbow Strike - Ki-hap	B	M	36.	L	Vertical Punch
15.	L	Double Outer Forearm Block	S	H	37.	R	Punch
16.	R	#2 Round Kick	--	L	38.	R	Knifehand Strike
17.	R	Repeat Round Kick	--	H	39.	L	Front High/Low Block
18.	R	Double Outer Forearm Block	S	H	40.	R	Double Knifehand Block
19.	R	Square Block	B	H	41.	L	Horizontal Reverse Spearhand
20.	L	#2 Front Kick	--	M/H	42.	R	Outer Crescent Kick
21.	L	Side Kick	--	M/H	43.	L	Knifehand Block
22.	L	Reverse Vertical Punch	F	M	44.	R	Punch

Sparring Segments

Segment #1

- L Sparring stance
- L Outer forearm block H
- L #1 Hook kick H
- R Reverse punch M
- R #2 Jump round kick H
- R Knifehand strike H
- L Ridgehand M

Segment #2

- R Sparring stance
- R #1 Jump round kick H
- L Low block L
- L #2 Round kick H
- L Backfist H
- R Reverse punch M
- L Punch H
- L Right foot step forward
- Reverse hook/round kick H

Segment #3

- L Sparring stance
- R #4 Hook kick H
- R Outer forearm block H
- L Reverse punch H
- L Low block L
- L Outer forearm block H
- L #2 Jump front kick M

Self-defense Techniques (A) Attacker (D) Defender

1. (A) Grab with punch
(D) Secure Arm, Radial strike, Knee to Common Peroneal, Elbow strike.
2. (A) Grab with punch.
(D) Lock up, Jugular notch, Palm heel, Wrist lock/inverted finger lock to take down.

"A Martial Art that Trains People Physically and Mentally"

FORM MEANING

The name of your form is IN WHA which means: "An unbroken glory."

COLOR BELT PHILOSOPHY

The philosophical interpretation of the Purple Belt is:

"Coming to the mountain. The tree is in mid-growth and now the path becomes steep." *The student has crossed over into a higher level of Songahm Taekwondo. The techniques, forms, and level of sparring become more difficult, creating a "mountain" that must be overcome.*

FORM - Individual action

Speed will be developed only after you strengthen your muscles. A Ply-O-Metrics workout will be excellent for explosive and dynamic movements. Consult with your instructor on this matter. **Relaxation** is also a key to speed during motion. Don't have tension all of the time. The only time you should tighten your muscles is right before reaching your target.

Segments break down: 5 - 4 - 5 - 4 - 7 - 6 - 7 - 6

In Wha Il Jahng (1) has 44 movements and its Ki-haps are on the 14th movement (right back elbow strike), the 24th movement (left punch), and the 34th movement (right side kick).

BOARD BREAKING - Evidence of Power

Purple Belts will break 1 station and only 1 board regardless of age or gender. Board sizes will be the same as prescribed in the Instructor manual.

TECHNIQUE REQUIREMENTS:

1. Knifehand Strike
2. Elbow Strike
3. Palm Heel Strike

Understanding distance is one of the important elements of sparring. The degree of perceived safety in this private space depends upon the method or type of threat. Each person also has an invisible safety zone...a private space.

Safe zone - foot distance

Danger zone - hand distance

From MASTER M.K. LEE

Vice-Chairman of Instruction, 6th degree Black belt

"Congratulations on your new purple belt. I know by this time you have already set your goal to be a black belt. The road to glory is long and hard. Sometimes it is difficult to continue, but put your trust in your instructor. Listen and follow directions, even if sometimes your instructor's word does not appeal to you. Do this and you will succeed and you will be happy."

Sincerely in Taekwondo,
Master M.K. Lee