

PURPLE-BELT REQUIREMENTS

TECHNICAL INFORMATION



O-Gup (5th Grade) Testing Requirements

Basics and Forms = 1 st Stripe	Breaking/Sparring = 2 nd Stripe	Terminology/Attitude = 3 rd Stripe
All Uk-Gup Requirements Taegeuk Sa Jahng New Techniques	Board Breaks Two-Step Defenses Free Sparring	Required Terminology All Tenets & Definitions Asked to test by an Instructor

Form: TAEGEUK SA JAHNG

“Thunder” - FJN. Thunder is energy which emanates from the heavens and reaches down to the earth in a fury that is seldom matched by any force of nature. Taegeuk four should be performed with the following in mind: seek the shortest path to the desired goal but do not lose the ability to react to surrounding influences. Speed will be developed only after you strengthen your muscles. Tension form practice will be excellent for developing explosive and dynamic movements. Relaxation is a key to speed during motion. When executing techniques at full speed, you should only tighten your muscles the instant before reaching the intended target.

MOVEMENT	Stance	Section	MOVEMENT	Stance	Section
<i>Step 90° CCW with left foot</i>			<i>Step 180° CW with right foot</i>		
1. L Double Knife-hand Block	RB	M	17. R Outside Forearm Block	LB	M
<i>Step forward with right foot</i>			18. L Front Kick	---	H
2. L Down Palm Block	---	M	<i>Kicking foot steps back to</i>		
3. R Spear Hand	RF	M	<i>right</i>		
<i>Step 180° CW with right foot</i>			<i>front stance Slide right foot</i>		
4. R Double Knife-hand Block	LB	M	<i>left</i>	LB	M
<i>Step forward with left foot</i>			<i>back stance</i>		
5. R Down Palm Block	---	M	19. L Rev. Inside Forearm Block	LF	H/H
6. L Spear Hand	RF	M	<i>Step 90° CCW with left foot</i>		
<i>Step 90° CCW with left foot</i>			20. L/R Knife High Block/Neck	---	H
7. L/R Knife Face Block/Neck	LF	H/H	Chop	RF	H
<i>Step forward with right foot</i>			<i>Step forward with right foot</i>		
8. R Front Kick	RF	M	21. R Front Kick	LW	H
9. L Reverse Punch	---	M	22. R Back Fist	---	M
<i>Step forward with left foot</i>			<i>Step 90° CCW with Left Foot</i>		
10. L Side Kick	LM	L	23. L Inside Forearm Block	RW	H
11. Spread Block	---	M	24. R Reverse Punch	---	M
<i>Step forward with right foot</i>			<i>Step 180° CW with right foot</i>		
12. R Side Kick	LB	M	25. R Inside Forearm Block	LF	M
13. R Double Knife-hand Block	---	M	26. L Reverse Punch	---	M
<i>Step 270° CCW with left foot</i>			<i>Step 90° CCW with left foot</i>		
14. L Outside Forearm Block	RB	M	27. L Inside Forearm Block	---	M
15 R Front Kick	---	H	28. R Reverse Punch	RF	M
<i>Kicking foot steps back to left</i>			29. L Punch	---	M
<i>front stance</i>			<i>Step forward with right foot</i>		
<i>Slide left foot to right back</i>			30. R Inside Forearm Block	---	M
<i>stance</i>	RB	M	31. L Reverse Punch		
16. R Rev. Inside Forearm Block			32. R Punch		
			<i>Return to Joon-Bee with left foot,</i>		
			<i>facing front</i>		
Key: L - Left, R - Right, F - Front Stance, B - Back Stance, C - Cat Stance, W - Walking, X - X Stance, P - Parallel H - High (Face) Section, L - Low Section, M - Middle Section, Underlined - Ki-Yap					

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TENETS: The definitions of all five Tenets must be memorized (word-for-word)
(1) Courtesy, (2) Integrity, (3) Perseverance, (4) Self-control, (5) **INDOMITABLE SPIRIT**

One shall be modest and honest. In the face of injustice, one shall not be subdued or vanquished. Instead, the conflict must be overcome without any fear or hesitation.

TERMINOLOGY:

BASIC

Jump..... Twieo

STRIKES

Backfist..... Deung Joomeok

Spearhand Strike Piun Son Keut Chiruegi

KICKS

Ax Kick.....Gee Gaw Chagi

Hook KickHoo Ryu Chagi

BLOCKS

Double Knifehand Block.....Momtong Sonnal Makki

Outside Forearm BlockBakat Makki

Pressing BlockNoolieo Makki

Face Block/Neck ChopJebipoom Mok Chigi

EE BOH DE RHAN (TWO-STEP SPARRING)

This drill is similar to Il Boh De Rhan with the difference being that the attacker will attack a second time after the defender has executed a defense (block). The attacker will step forward to a left front stance and execute a left punch while the defender should be able to block and counter to the second attack. The second defense should be different than the first.

This drill simulates a failure of the first defense to stop the attacker. Too often, this is the case in the real world and the student would need to react with a defense against a second attack.

HOL SIN SOL (SELF DEFENSE)

ESCAPE - ONE HAND GRAB (Same Side)

1. Open the hand/Spread the fingers
2. Step past your opponent, facing their side
3. Leverage Out to the Side, Elbow to Elbow

GRIP - FLEXION

1. Grab around the base of the thumb and the base of the pinky finger
2. Dig fingertips into the palm
3. Push top of hand while "pulling" bottom of hand to increase torque

KYUK PA (BOARD BREAKING)

REQUIRED: 3-Station Break

Oreun Doll-Yo Chagi (Right Roundhouse Kick)

Oen Doll-Yo Chagi (Left Roundhouse Kick)

Twieo Chagi (Jump Kick - Students Choice)

Points to Concentrate on when practicing the station break:

1. During execution of the kicking techniques, the student may perform one non-contact "set-up" for each station.
2. Careful attention should be paid to the placement of the 3 stations so that the entire presentation "flows" together.
3. LOUD Ki-Yap!