

Purple Belt

Examination requirements

1 of 3

Belt Concept: Power and Knowledge

RED STRIPE

A. Technical 6 Count Round and Side Kick

1. Round kick fold (chamber)
2. Round kick snap and re-fold
3. Side kick folds
4. Side kick thrust and lock
5. Side kick fold (re-chamber)
6. Foot Down

BLUE STRIPE

B. Combinations

1. Offensive Front punch, lunge back punch, front reverse side kick
2. Offensive front leg hook kick, back leg round kick, reverse side kick, back punch
3. Offensive front leg round kick, reverse side kick, back leg round kick, back ridge hand

YELLOW STRIPE

C. "Meegook" form meaning "America" (performed to the music "Start Spangled Banner")

Oh say can you see, by the dawn's early light. What so proudly we hailed at the twilight last gleaming. Whose broad stripes and bright stars, through the perilous fight. For the ramparts we watched, were so gallantly streaming. And the rockets red glare, the bombs bursting in air, gave proof though the night that our flag was still there. Oh say does that start-spangled banner yet wave. For the land of the free, and the home of the brave.

Green Stripe

D. Sparring Drills

1. Fake round kick, blitzing front punch, over the top ridge hand (from closed stance)
2. Fake round kick, blitzing front punch, body ridge hand (from open stance)
3. Fake round kick, reverse side kick or hook kick

Note: Minimum 30 lessons
All previous belt requirements