PURPLE BELT
6TH KUP

03/05/2022

MENTAL DEVELOPMENT

CONCEPT	TO DO's
PERSEVERANCE & GRIT	**DISCUSS W/ BLACK BELT INSTRUCTOR:** 1. The Concept of PERSEVERANCE & GRIT 2. The Philosophy Behind the Belt System - What Does Each Belt Mean? **WRITTEN PAPER:** Describe what it means to have Perseverance & Grit & why it is important. How do you feel when you show Perseverance & Grit when things get hard? Describe a time when you had to show Perseverance & Grit.

PHYSICAL REQUIREMENTS

TIME AT RANK: 3 MONTHS

BASICS (Blocks Start Left, Strikes Start Right)

BLOCKS, STRIKES, & STANCES:
1. Front Stance Spread Block, Inward Knee Strike, X- Stance Double Upset Punch
2. Center Feet, Single Palm Pressing Block, Front Stance Reverse Punch
3. Front Leg Snap Kick, Cat Stance Middle Knife Hand Block
4. Japanese Stances: Horse Stance & Straight Leg L - Stance (Show Separately)

KICKS & FOOTWORK:
1. Snap Crescent Kick (Front Leg)
2. Flip Side Kick (Knee)
3. Cut Kick (Belly)

FORMS

TAEGEUK FORM 5
MEANING: WIND

REVIEW STRIPE:
BASIC 1 & PYONG 1 - 5

COMBINATIONS

KICK:
1. Front Leg Snap Crescent Kick, Turn Back Kick, Rear Leg Push Kick
2. Step Away, Back Turning Hook Kick

OFFENSE:
1. Switch Stance & Go, Step Behind Low / High Side Kick, Front Leg Stomps, Skip Behind, Front Leg Hook Kick, 1 - 2 Punch
2. Front Hand Control Block, Jump Reverse Punch (Superman Punch)

DEFENSE:
1. Switch Away, Front Hand Control Block, Jump Back Leg Roundhouse
2. Cover Up, 1 - 2 Punch, Front Hand Ridge Hand, Back Turning Back Fist

SPARRING

REQUIREMENTS:
1. Score a Point w/ at Least 1 Combo & Use Defense Combo Correctly
2. Match Time: 90 Seconds
3. Bag Work: 90 Seconds

SELF DEFENSE

CONCEPT: HAPKIDO WRIST CONTROL

GRABS:
1. Same Hand Wrist Grab
2. Cross Hand Wrist Grab
3. Same Hand Wrist Grab

HAPKIDO ESCAPES:
1. Trap Hand (Thumb to Thumb), Circle Hand to Outside, Settle Into Nerve in Wrist
2. Trap Hand (Thumb to Thumb), Circle Hand to Outside, Settle Into Nerve in Wrist
3. Turn Palm Inward, Butterfly Grip, Peel Out, Grab Pinkie Side, Wrist Joint Lock, Throw

STREET STYLE 1 STEP SELF DEFENSE:

ATTACKS:
1. Rear Hand Hook Punch
2. Rear Hand Hook Punch
3. Rear Hand Hook Punch

DEFENSE:
1. Lean Away, Front Leg Side Kick to Floating Ribs
2. Duck, Left Step to Angle, Hands Up, Elbow to Ribs or Temple, Escape to Back
3. Lunge In, Double Block (Palms In), Grab Wrist, Elbow to Face, & Open Counter

PURPLE BELT
6TH KUP

WEAPONS

SAIS

1. LEARN: History of the Sais
2. BLOCKS: 1. Down Block (Front Stance) 2. High Block (Front Stance) 3. Upward X - Block (Front Stance) 4. Outside Open Block (Front Stance) 5. Upward Spread Block - Moving Backwards (L - Stance)
3. STRIKES: 1. Punch (Front Stance) 2. Poke (Front Stance) 3. Uppercut & Flip Out Strikes (L - Stance) 4. Downward Prong Strike (X - Stance) 5. Inside Open Strike (Front Stance)
4. FIGURE 8's: Single Hand - Forward & Backward

JUDO

FALLING:

1. Roll to Side Fall: Crouching &/or Standing Position
2. Front Fall: Crouching &/or Standing Position

OVERALL REVIEW

1. REVIEW & PASS OFF ALL PHYSICAL REQUIREMENTS: 6th KUP
   *PLUS: 12th - 7th KUP FORMS
   8th - 7th KUP SELF DEFENSE & ALL JUDO
2. REVIEW MENTAL DEVELOPMENT CONCEPT: PERSEVERANCE & GRIT
   PHILOSOPHY OF THE BELT SYSYTEM
3. BOARD BREAK: CHOOSE TECHNIQUE FROM 6th KUP SHEET

FORMAL TEST REQUIREMENTS

MUST HAVE COMPLETED THE FOLLOWING AT LEAST ONE WEEK PRIOR TO TEST DATE

1. SIGNED UP FOR: **FORMAL TEST**
2. EARNED: **8 PROGRESS STRIPES**
3. TURNED IN: **WRITTEN PAPER**
   ATTITUDE & GRADE VERIFICATION (Under 18 years ONLY)
   TEST FEE: $40