

BELT REQUIREMENT

PURPLE TO PURPLE/BLACK

QUESTIONS	ANSWERS
WHAT RANK AND BELT IS SIR DAVE	
HOW DO YOU SAY MASTER IN KOREAN	
HOW DO YOU SAY INSTRUCTOR IN KOREAN	
HOW DO YOU SAY ASSISTANT IN KOREAN	
SCHOOL RULES # 3 & 4	
WHAT DOES FOCUS MEAN	

CATEGORY	TECHNIQUE
PROPER PUSHUPS	15
STANCES	JUN BI, CHA RYUT, HORSE STANCE, FRONT STANCE, FIGHTING STANCE, WALKING STANCE
PUNCHES	JAB, REVERSE PUNCH, HAMMER PUNCH, ELBOW STRIKES 1-7, PALM STRIKE, KNIFEHAND CHOP
BLOCKS	DOUBLE OUTSIDE BLOCK, HIGH BLOCK, LOW BLOCK, INSIDE BLOCK, OUTSIDE BLOCK
KICKS	PUSH KICK, SNAP KICK, 45° ROUNDHOUSE, STEP TOGETHER SIDE KICK, KNEE STRIKE, 90° ROUND HOUSE KICK, STEP BEHIND SIDE, BACK KICK, OUTSIDE CRESCENT, INSIDE CRESCENT, SPINNING SIDE, COUNTER SIDE
SELF-DEFENSE	PURPLE BELT STRIKE DEFENSE # 1-4 GRAB DEFENSE OF THE MONTH
FORMS	WHITE BELT, YELLOW BELT, TAEGUEK EE JANG (FIRST 12 MOVES)

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