

BELT REQUIREMENT

PURPLE/WHITE TO PURPLE

QUESTIONS	ANSWERS
WHAT RANK AND BELT IS MASTER YVES	
WHAT DOES "BARO" MEAN	
WHAT DOES "SHO" MEAN	
COUNT TO 10 IN KOREAN	
SCHOOL RULES # 1 & 2	
WHAT DOES COURAGE 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 6 MOVES)

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