

## PURPLE BELT REQUIREMENTS

<b>STANCES</b>	<b>LATERAL SIDE STEPS</b>				
<b>BLOCKS</b>	<b>KNIFE HAND HIGH BLOCK</b>			<b>KNIFE HAND OUTSIDE BLOCK</b>	
<b>PUNCHES/STRIKES</b>	<b>PALM STRIKE</b>			<b>BACK FIST</b>	
<b>KICKS</b>	<b>OUTSIDE CRESCENT</b>		<b>JUMP ROUNDHOUSE W/ FAKE</b>		<b>SPINNING SIDE KICK</b>
<b>STRIKE DEFENSE</b>	<i><b>*SEE DEFENSE SHEET</b></i>				
<b>GRAB DEFENSE</b>	<i><b>*SEE DEFENSE SHEET</b></i>				
<b>TAKEDOWNS</b>	<b>JUDO TAKEDOWN BETWEEN LEGS</b>				
<b>GROUND ESCAPE</b>	<b>IN GUARD STRIKE DEFENSE</b>				
<b>WEAPON DEFENSE</b>	<b>BASEBALL BAT DEFENSE</b>				
<b>SPARRING</b>	<b>SPARRING WITH GEAR. OPEN HAND TO SIDE OF HEAD AND TO THE FACE</b>				
<b>FORM</b>	<b>PURPLE BELT FORM</b> <b>TAEGEUK EE JANG</b>				

*\*The information contained in this guide is confidential and proprietary to Iron Fist Martial Arts, LLC, its affiliates, and its students.*

*\*No part of this guide may be distributed or disclosed in any form to any third party without written permission of Iron Fist Martial Arts, LLC.*