

PURPLE BELT REQUIREMENTS

BLOCKS :

OUTWARD TWISTING BLOCK, OUTWARD HIGH FOREARM BLOCK, TWIN LOW (DOWN) BLOCK

KICKING :

JUMP BACK KICK, SPIN HOOK KICK

STANCES :

**STEPPING BACKWARD BACK STANCE,
STEPPING BACKWARD FRONT STANCE**

SELF DEFENSE :

ROUND KICK, BREAK FALL

SPARRING :

**COUNTER ROUND KICK WITH A V-STEP ROUND KICK
COUNTER BACK KICK WITH A V-STEP DOUBLE KICK
HEAD SPIN HOOK KICK**

POOMSAE :

TAEGEUK 6 + TAEGEUK 1, 2, 3, 4

BOARD BREAKING :

**FLYING SIDE KICK (2 BOARDS),
ROUND KICK SPIN HOOK KICK (2 BOARDS)**