

# Purple Belt Curriculum

## Hand Techniques

Switch cover punch \_\_\_\_\_ Hammer fist \_\_\_\_\_

## Leg Techniques

Autbal axe kick \_\_\_\_\_ Kick and roll \_\_\_\_\_

Autball hook kick \_\_\_\_\_ Low-high round kick \_\_\_\_\_

## Combos

Olympic style: Round kick/round kick \_\_\_\_\_ Round kick/back kick \_\_\_\_\_ Cut kick/round kick \_\_\_\_\_

Fast kick/round kick \_\_\_\_\_ Cut kick/back kick \_\_\_\_\_

Self defense: Jab/ cross/ low round kick \_\_\_\_\_

## Footwork:

Side step back /step back \_\_\_\_\_, Side step forward /Step forward \_\_\_\_\_

Side step back /step forward \_\_\_\_\_ Side step forward /step back \_\_\_\_\_

**Poomse:** Tae Geuk Sau jang \_\_\_\_\_

## Punching Defense:

1 \_\_\_\_\_ Grade: \_\_\_\_\_

2 \_\_\_\_\_ Grade: \_\_\_\_\_

## Self Defense:

1 \_\_\_\_\_ Grade: \_\_\_\_\_

2 \_\_\_\_\_ Grade: \_\_\_\_\_

**Blocking:** Lead perry \_\_\_\_\_ Rear parry \_\_\_\_\_ Shin block \_\_\_\_\_

**Stances:** Sparring stance vs. Self defense \_\_\_\_\_

## Terminology/ Philosophy:

1) Kyong-go (warning) \_\_\_\_\_ Up-chugee (front kick) \_\_\_\_\_ Yup -chugee (side kick) \_\_\_\_\_

2) Name of the most successful U.S. TKD player to date (2015): (Steven Lopez) \_\_\_\_\_

3) Theory of Affective Pro-activity: Analysis \_\_\_\_\_ Strategy \_\_\_\_\_ Performance \_\_\_\_\_ (in that order)

4) Success principle #3 Put first things first. \_\_\_\_\_

## Physical requirements:

Push ups \_\_\_\_\_ per 30 sec. \_\_\_\_\_

Crunches: \_\_\_\_\_ per 30 sec. \_\_\_\_\_

Hold feet up: \_\_\_\_\_ 30 sec. \_\_\_\_\_

Leg ups: \_\_\_\_\_ per 30 sec. \_\_\_\_\_

Slow front kick:

Right \_\_\_\_\_ per 30 sec. \_\_\_\_\_

Left \_\_\_\_\_ per 30 sec. \_\_\_\_\_

Hopping in guarding stance 1 min or best time \_\_\_\_\_

Non- stop alternating front kicks in place. (30 sec.) \_\_\_\_\_

Speed kick motion alternate legs every 3 for 30 sec. \_\_\_\_\_

**Attendance:** Minimum 24 classes