

Purple Belt Promotion Exam Contents

❖ Students must take a minimum of 32 classes in 4 months to be eligible for promotion to the next level.

Kyorugi stance # 1 to # 10	At this level students will learn # 1 to # 10 of a new set of intermediate level combinations. Through this training, students will learn multi functional movements to develop better focus and exceptional balance and coordination. ✓ Key point: Practice making a proper elbow strike.
Poomse # 3 Tae geuk Sam Jahng (Adults only)	The third TKD form coordinates all basic blocks, punches, and kicks in two basic stances through 20 movements. This form represents “hot” and ‘bright”, this is to encourage the trainees to harbor a sense of justice and ardor for their training. Poomse # 3; This form represents “hot” and ‘bright” (fire), this is to encourage the trainees to harbor a sense of justice and ardor for their training. ✓ Key point: Learn and practice how to use knife hand block and strike.
Stationary Kick	Students will learn and be able to perform “ Axe Kick ”—(Cchick-uh Chagi) ✓ Key point: Pivot the front foot before kicking, raise the knee up and then the foot will follow. ✓ As the kick is being made, pull the toes down so it maximizes the striking force.
Combinations	Students will learn and be able to perform skipping front turning kick and Axe kick. ✓ Key point: Use the rear foot, skip forward to make front turning kick. ✓ Do not look down when the kick is being made; focus on the target the whole time.
Sparring Steps (# 7 & # 8)	The intermediate TKD sparring steps help students to build great agility and focus. The purpose of these steps is to avoid an attack and look for counter strikes. ✓ Key point: Pull both feet back as quickly as possible, while keeping eyes on the opponent. # 7: Use both feet and pull them both backward quickly with a “Kihap”. # 8: Use the front foot only and step backward quickly with a “Kihap”
Breaking (Axe kick)	Students will learn how to use Axe kick and break a board. ✓ Key point: Take a deep breath inhaling and exhaling, stay focused on the target and then strike right in the middle with a loud “Kihap” ✓ Relax your leg entirely when you are in the ready position.
One Step Self-Defense (Adults Only)	#9 and #10A (with back kick)
Speech (Required written essay)	We emphasize that TKD training is not just punches and kicks, it is more about building positive character, writing an essay in their own words and reciting their speech in front an audience is one of best ways to build their leadership skills, character and confidence. ✓ Key point: Please do not write an essay for your child, you can help them with spelling and sentence structure. <u>We do not need to know the Parents essay skills.</u> Children: “ The meaning of persistence “
Terminology & Words	Sabom nim kae Kyongneh: Bow to the TKD Master