



- 4.5th KUP -
Purple Belt

RANK ADVANCEMENT REQUIREMENTS

PHYSICAL

BASICS: (Blocks: start w/ left foot – Strikes: start w/ right foot)

HAND (Blocks, Strikes, and Stances):

- 1) Front Stance, Spread Block, Knee Strike, Jump “X” Stance Double Up-Set Punch (Start Left)
- 2) Single Palm Pressing Block, Front Stance, Reverse Punch (Start Left)
- 3) Front Leg Front Snap Kick, Cat Stance, Middle Knife Hand Block (Start Right)

KICK COMBINATIONS:

- 1) Front Leg Snap Crescent Kick, Turn Back Kick, Rear Leg Push Kick
- 2) Switch Stance and “GO”, Step Behind Hook Kick, Step Forward 360 Hook Kick (Same Leg Kicks Both Times)

SPORT COMBINATIONS:

OFFENSE:

- 1) Switch Stance and “GO”, Step Behind Low/High Side Kick, Front Leg Stomps, Skip Behind Front Leg Hook Kick, 1-2 Punch
- 2) 180 Jump Back Kick, Jump Down Block, Reverse Punch (In The Air)

DEFENSE:

- 1) Switch Away, Lead Hand Control (Down) Block, Jump Rear Leg Roundhouse

HAND:

- 1) 1-2 Punch, Lead Hand Hook Punch, Back Turning 180 Back Fist

SELF DEFENSE:

REQUIRED FOR TEST:

- 1) “A” (Eleven), “B” (Eight)
- 2) “C” Self Defense (Three) (Concept: Nerve Control)

Explanation: First Three Required:

- a. Same Hand Wrist Grab (Circle to Outside, Nerve in Wrist)
 - b. Opposite Hand Wrist Grab (Circle to Inside, Nerve in Wrist)
 - c. Same Hand Wrist Grab #2 (Circle to Inside, “Hamburger Grab”, Wrist Joint Lock)
- 3) One Step Sparring (2 Right & 2 Left) (Be Prepared with 1 Original)
 - 4) Two Step Sparring (2 Required) (Be Prepared with 1 Original)

WEAPONS:

- 1) Bo Staff Manipulation (Figure 8’s, Poke/cut with step/drag motion & Poke/cut to Okinawan Cat Stance...Series from Tokumine Bo Form)
- 2) Escrima “Stick” Self Defense: Block & Strike Form Only (Utilizing Forward/Backward “V” Patterns)

JUDO:

FALLING

- 1) Front, Side, & Back Falls (From Standing Position)

FORMS:

Basic Form 1 (Kihon)
Pyong Forms 1, 2, 3, 4, & 5
Taeguek Form 5 (Meaning of Taeguek 5: Wind)

SPARRING:

- 1) Free Sparring (At Least an Intermediate Level)
- 2) Moving Against 2 (NO CONTACT)
- 2) Must Attend At Least Two Sparring Classes per Month and Participate in at Least One Tournament per Year (May participate in Forms only at this rank)
- 3) Must Have Own Full Set of Sparring Gear (Bring to Testing)

BREAKING:

ONE BOARD (Choice of techniques): Student’s Choice (Choice of Any Break 10th – 5th KUPS)
If Hand or Forearm Break (Permission Required)

****See Other Side for Mental and Testing Requirements**



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MENTAL & TESTING REQUIREMENTS

Each student must complete each of the following requirements in order to be eligible for rank advancement.

Student must test for rank advancement in a formal test.

Student is required to test in a white uniform.

****STUDENT MUST BE KEEPING A TEACHING NOTEBOOK (With Teaching Notes on Techniques). THE STUDENT MUST ALSO BE KEEPING AN ATTENDANCE & TEACHING LOG****

- 1) **KNOW ALL THE REQUIRED TECHNIQUES ON THE 4.5th KUP SHEET.**
 - a. Student must have all needed stripes on his/her belt.
- 2) **STUDENT MUST PASS A PRE-TEST BEFORE BEING ALLOWED TO TEST.**
 - a. Student must be able to perform ALL FORMS up to and including high form.
 - b. Student must present to an instructor, prior to test, ALL TECHNIQUES required on 4.5th KUP sheet.
- 3) **STUDENT MUST TURN IN A WRITTEN PAPER BY THE STUDIO'S REQUIRED DEADLINE.**
 - a. TOPIC: "The Responsibilities of High Belt"
 - b. Paper should be a good reflection of the student's thoughts on selected topic (At Least ½ Page).
- 4) **STUDENT MUST TURN IN REQUIRED TEST FEE BY THE STUDIO'S REQUIRED DEADLINE.**
- 5) **IF UNDER 18, STUDENT MUST TURN IN A COPY OF CURRENT GRADES IN SCHOOL (Student Cannot Have Any Failing Grades (F's) in Order to be Eligible to Test).**
 - a. If student is home schooled, student must have written verification from parents.
- 6) **STUDENT MUST BE PREPARED TO PASS AN ORAL EXAM AT THE TIME OF TESTING.**
 - a. **Questions From the Table:** Know the Philosophy and Symbolic Meaning of the Belt System
 - i. White Belt: Brand new seed
 - ii. Yellow Belt: Seed is beginning to grow and sprout
 - iii. Green Belt: Seed is growing into a tall tree with green leaves. The tree begins to provide shade and protection for the seeds below it.
 - iv. Purple Belt: Tree begins to grow fruit. The fruit provides nourishment for others.
 - v. Blue Belt: The sky is the color blue and provides oxygen for all living creatures.
 - vi. Red Belt: The sun provides heat and life to the whole earth; however, the sun can be very dangerous as well (There tends to be a vast amount of knowledge and technique but little control with Red Belts).
 - vii. Black Belt: The Universe. The possibilities are endless and the expanse of the universe is limitless. There is room for creation and innovation. At this rank students must give back to others what they have been given. Black Belt means teacher.
- 7) **STUDENT MUST HAVE A GOOD ATTITUDE INSIDE & OUT OF CLASS.**

(If under 18, parental recommendation required)

 - a. Student is "willing" to learn, has an open mind, and shows respect to all.
 - b. Student shows respect toward instructors, fellow students, parents, siblings, and peers.
 - c. Student needs to begin to show qualities of an effective teacher (confident, focused, articulate, and open to constructive correction).
- 8) **STUDENT MUST SHOW CONSISTENT, WEEKLY CLASS ATTENDANCE.**
 - a. Student must attend at least one High Belt class per week (Record in notebook log).
 - b. Student must teach or be an assistant teacher in at least one class per week (Record in notebook log).
 - c. Time required at rank: 3 Months
- 9) **STUDENT IS ABLE TO STRETCH OUT CLASS.**
- 10) **OTHER REQUIREMENTS:**



- a. Student must be current on all monthly tuition fees.