

PURPLE STRIPE



SELF-DEFENSE

REQUIRED FOR TESTING

OPEN ESCAPES FROM EMBRACING #1-#5



LEVEL #2

WORK ON IN CLASS

1. ALL PREVIOUS SELF-DEFENSE
2. OPEN ESCAPES FROM SELF-DEFENSE "B"



BASICS

1. REVIEW OF BASIC STANCES AND BLOCKS
2. STICK DRILLS



SPORT COMBINATIONS AND DRILLS

KICK COMBINATIONS

1. SKIP SIDEKICK, JUMP BACK KICK
2. JUMP BACK KICK, SKIP SIDEKICK

SPORT COMBINATIONS OFFENSE

1. FRONT LEG LOW-HIGH ROUNDHOUSE, TOUCH ROUNDHOUSE
2. FAKE HIGH, REVERSE PUNCH

DEFENSE

- 1 CUTTING THE RING

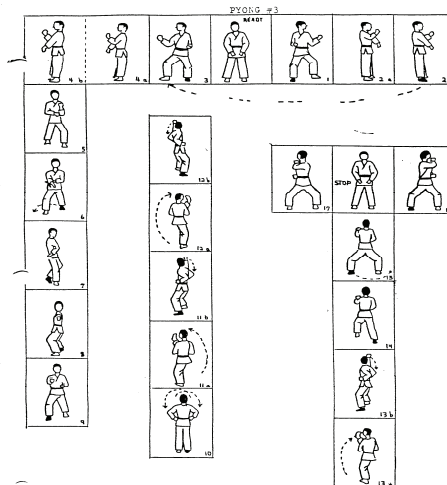
HAND

- 1 MOVING RIGHT AND LEFT WITH A JAB



FORM OR BUNKAI [APPLICATION]

ALL LOWER FORMS AND PYONG 3 BUNKAI



OTHER

1. **THEORY** INTERNAL FOCUS [IMAGE TRAINING] MENTAL DISCIPLINE
2. **ORAL QUESTIONS**
3. **SPARRING** FREE SPARRING, AND HAND AND KICKING DRILLS WITH PADS
4. **ATTITUDE**
5. **CLASS ATTENDANCE** TIME REQUIRED IN LAST RANK [MINIMUM OF 2 MONTHS]
6. **TEST FEE** \$20.00

7. **WRITTEN** HISTORY OF THE BO
8. **BREAKING** STUDENTS CHOICE