



PURPLE BELT



SELF-DEFENSE

REQUIRED FOR TESTING

SELF-DEFENSE "B" NO. 8-11

WORK ON IN CLASS

1. ALL PREVIOUS SELF-DEFENSE
2. APPLICATION OF PEALING BUNKAI
3. ESCAPES FROM EMBRACING #1, #2 AND #3



BASICS

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



SPORT COMBINATIONS AND DRILLS

KICK COMBINATIONS

1. BACK KICK, JUMP FRONT KICK
2. BACK KICK, JUMP ROUNDHOUSE

SPORT COMBINATIONS OFFENSE

1. SIDE KICK, SKIP SIDEKICK
2. SIDE KICK, SKIP ROUNDHOUSE

DEFENSE

1. ANGLE STEP JAB, JUMP AWAY BACK LEG ROUNDHOUSE

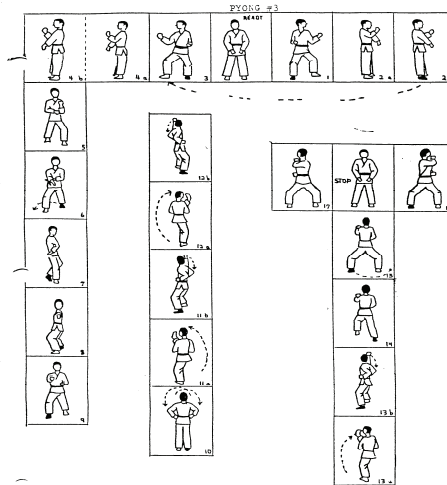
HAND

1. BLITZ BACKFIST
2. BLITZ REVERSE PUNCH



FORM OR BUNKAI [APPLICATION]

ALL LOWER FORMS AND PYONG 3



OTHER

1. **THEORY** PROPER BREATHING, ENDURANCE TRAINING [LIKE CARDIO], RHYTHM
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** \$25.00

7. **WRITTEN** YOUR RESPONSIBILITY WITH WEAPONS
8. **BREAKING** [STUDENTS CHOICE]