



## PURPLE Belt Curriculum (Spirit Team)

**1. TRADITIONAL MOVEMENT**

- Forward Stance
  - Supported Spear Hand
- Back Stance
  - C-Block (Inside-Out Middle Block – Upper Block)

**Forms**

- Pal-Gwe #4

Traditional Movement testing

**2. SELF DEFENSE**

**Level 1: Escape & Follow Up**

- Front Choke
- Rear Choke
- Catch-Lift-Slap Drill
- Parry-Lift-Slap-Drill
- Focus Mitt Drills – Jab Cross Hook

Self Defense testing

**3. HAND TECHNIQUES**

- Uppercut
- Hammer Fist
  - Stationary
  - Spinning
- Reverse Punch – Ridge Hand – Reverse Punch
- Jab-Cross – Hook
- Stepping Back Fist – Reverse Punch – Back Fist
- Step Turn Back Fist – Reverse Punch – Back Fist
- Spear Hand
  - Stationary
  - Stepping

Hand Testing

**4. KICKING TECHNIQUES**

- Jump Hook
- Flying Kicks
  - Flying Front Kick
  - Flying Round Kick
- Rear Leg Front – Hook – Round Kick
- Front Leg Round – Hook – Round Kick
- Turn Hook – Round Kick
- Switching Jump Turn Back Kick
- Spinning Kicks
  - Spinning Round House
  - Spinning Hook Kick
- Tornado Kick (Spin Round – Spin Crescent)
- *New Techniques*
  - Ax Kick – Front/Rear Leg
- Pad Kicking
  - Jump Turn Back Kick
  - Switching Jump Turn Back Kick
  - Defensive Jump Turn Back Kick
  - Rear Leg Side Kick

Kick testing

**5. COMBINATIONS**

- Rear Leg Round – Hook – Round – Tornado Kick – Reverse Punch
- Back Fist – Stepping Back Fist – Jump Spin Crescent – Back Fist – Rear Hand Ridge Hand
- Side – Hook – Round – Side – Jump Turn Back Kick – Jump Front Leg Hook Kick – Double Punch

Combo Testing