

PURPLE BELT

COMBINATION KICKS

1. Skip Front - Jumping Straight Back
2. Skip Roundhouse - Jump Spinning In-to-Out
3. Step Behind Side - Flying Side
4. Skip Hook Roundhouse - Spinning Hook Roundhouse
5. Triple Roundhouse Hook (back leg)
6. Skip In-to-Out - Motion In-to-Out
7. Out-to-In - Jump Spinning Out-to-In (Tornado)

You must still continue to improve:

Tae Kyuk Il Jang ; Tae Kyuk Ye Jang ; Tae Kyuk Oh Jang; Palgae Youk Jang &

Green Belt Combination Kicks

1. Skip Front - Straight Back
2. Skip Roundhouse - Spinning Hook (land w/ leg in front)
3. Step Behind Side - Jump Roundhouse
4. Skip Hook - Spinning Hook Roundhouse
5. Double Roundhouse Hook (back leg)
6. Skip In-to-Out - Motion In-to-Out
7. Out-to-In - Jump Spinning Out-to-in (Tornado)

Yellow Belt Combination Kicks

1. Skip Front -Side
2. Skip Rndhouse -Spinning Hook
3. Step Behind Side -Straight Back
4. Skip Hook -Spinning Hook

White Belt Combination Kicks

1. Front - Jump Front
2. Rndhouse -Skip Rndhouse
3. Side -Step Behind Side

White Belt Basics:

Kicks:

1. Straight leg
2. In-to-Out
3. Out-to-In
4. Front
5. Snap
6. 45 degree
7. Roundhouse
8. Side

Stances

- Front Stance
- Back Stance
- Horse Stance

Palgae Chil Jang

(7th Palgae Form)

Left leg steps forward into left front stance/Cross arms (left inside) high open hands to low double outer forearm block (3 second move)

Right leg front kick/Step to right front stance/Cross arms (left on inside), double middle inner forearm block

Left leg front kick/Step to left front stance/High X-block/Lock back of hands together (around imaginary attack) and pull to right side as inverting front stance/Revert to left front stance/Left hand throw away middle section

Right leg side kick/Step into right back stance/Middle double knife hand block & YELL

Turn 270° left to left back stance/Left inner forearm middle block

Left leg opens to front stance/Target left hand/Right reverse high section punch

Invert front stance bringing fists left under right, palms facing up to right hip/Revert to front stance/Left high block

Right leg side kick/Step to right back stance/Low double knife hand block/Right leg steps to right front stance/Right target/Left reverse middle section punch

Look right turning 180°/Step right leg to right back stance/Right inner forearm middle block

Right leg opens to front stance/Target right hand/Left reverse high section punch

Invert front stance bringing fists right under left, palms facing up to left hip/Revert back to front stance/Right high block

Left leg side kick/Step to left back stance/Low double knife hand block/Left leg steps to left front stance/Left target/Right reverse middle section punch

Look left/Turn 90°/ left leg steps (toward back) to left front stance/Low X-block (left on top)

Chamber fists/High X-block (right hand on inside)

Invert front stance rotating hands to chamber on right side touching inside of wrists (left over right)/Revert to front stance/Right reverse high section punch & YELL

Look left/Turn 270° pivoting on left foot/Right leg steps to horse stance/Right outer forearm low block

Look left/Turn 90° stepping back left to right - left leg steps into front stance/(prepare left over right) Left knife hand strike to neck

Right out-to-in kick to open hand/Land 90° left with right foot to horse stance, right elbow smash

Look left 90°/Left leg steps to right leg/(arms right over left)/Right leg steps to horse stance/Left low block/Right backfist to face (these two blocks = mountain block)

Left leg steps to right leg/Right leg steps (back of room) to left back stance/Left double middle knife hand block

Left leg opens to left front stance/Left target/Right reverse punch & YELL

(Return to ready stance = Left foot steps backward)