

## Purple Belt Curriculum

### Palgue 5

- Knife Hand Down:** Turn left (90) step left foot into a left back stance, knife hand down block.
- Knife Hand Middle:** Step forward into a back stance, knife hand middle block.
- Palm Press:** Step back with the right foot into a back stance, palm press with the left hand.
- Punch:** Step forward with the right foot into a front stance, punch with the right hand.
- Knife Hand Down:** Spin around with the right foot into a back stance. Knife hand down block.
- Knife Hand Middle:** Step forward with left foot into a back stance. Knife hand middle block.
- Palm Press:** Step backwards into a back stance with the left foot, palm press with the right hand.
- Punch:** Step forward with the left foot and punch with the left hand.
- Down Block:** Turn left (90) step left foot into a front stance, down block with left hand.
- Double Outside Block:** Step forward into a front stance with your right leg, double outside block.
- Double Outside Block:** Step forward with the left foot into a front stance, double outside block.
- Spear Hand Thrust:** Step forward with your right leg into a front stance. Spear hand thrust, kihap.
- Outside Block:** Spin around with your left leg (270) into a left front stance. Outside block with your left hand.
- Punch-Punch:** Remaining in your front stance, punch first with the right hand, then the left.
- Side Kick:**
- Rear leg side kick with right leg.
- Knife Hand Middle:** Land right leg forward, knife hand middle block.
- Outside Block:** Spin around with your right leg (180) into a right front stance, outside block with your right hand.
- Punch-Punch:** Staying in the front stance, punch with the left hand, then right.
- Side Kick:**
- Rear leg side kick with left leg.
- Knife Hand Middle:** Land left leg forward, knife hand middle block.
- Down Block:**
- Turn left (90) into a left front stance, down block.

<b>Double Down Block:</b>	Step forward with your right foot into a back stance, double down block.
<b>Double Down Block:</b>	Step forward with your left foot into a back stance, double down block.
<b>Punch:</b>	Step forward into a front stance with your right foot, punch with your right hand, kihap.
<b>Knife Hand Down:</b>	Turn to the left (270) landing in a right back stance, knife hand down block.
<b>Knife Hand Middle:</b>	Step forward into a back stance, knife hand middle block.
<b>Palm Press:</b>	Step back with the right foot into a back stance, palm press with the left hand.
<b>Punch:</b>	Step forward with the right foot into a front stance, punch with the right hand.
<b>Knife Hand Down:</b>	Spin around with the right foot (180) into a left back stance. Knife hand down block.
<b>Knife Hand Middle:</b>	Step forward with left foot into a back stance. Knife hand middle block.
<b>Palm Press:</b>	Step backwards into a back stance with the left foot, palm press with the right hand.
<b>Punch:</b>	Step forward with the left foot and punch with the left hand.

### **Self Defense 7: Choke From the Floor**

Reach over and grab your opponent's left wrist with your left hand. Grab their neck with your right hand. Bite their left hand. Reach behind their head with your left hand and simultaneously twist their head counterclockwise as you bring up your right knee to throw them off. Reverse punch.

#### **One Step Sparring #7**

- Start at ready position
  - Leap to the left
    - Side kick (R)
  - Spin back kick (L)
    - Axe kick (L)
- Double punch, Kihap

#### **Crescent Kick Combination**

- Jump inside crescent kick
- Jump outside crescent kick
  - Inside crescent kick
    - Tornado kick
- Double punch, Kihap