

The image features a vertical split background. The left side is a solid light gray, and the right side is a dark purple with a repeating diamond-shaped pattern. The text 'PURPLE BELT' is centered on the purple background in a bold, yellow, sans-serif font.

PURPLE BELT

Red Stripe - Forms

- ❖ Pyung Ahn Ee Dan

White Stripe - One Step Sparring

- ❖ One Step Sparring 9 - 12

Blue Stripe - Self Defense

- ❖ Two on One 1 - 3

Blue Belt

- ❖ All Yellow and Orange Belt Material, Plus:
- ❖ Pyung Ahn Ee Dan
- ❖ One Step Sparring 9 - 12
- ❖ Two on One 1 - 3





RED STRIPE

Pyung Ahn Ee Dan



START IN CHUM BE (READY STANCE)

Look to Left

1. Pivot Left, Double Forearm Block (*High block w/ right hand & Middle Block w/ left hand*) in a Back Stance

2. Bring Right Hand Down Slowly (*to your right hip*)
 - ❖ lower your Left Hand horizontally in front of your body
 - ❖ Uppercut with your Right hand (*left hand inside your right elbow*)
 - ❖ Quickly After Uppercut lift your front foot to the knee of your rear leg step down (*onto #12*) doing a Left hand Side Punch in a horse stance.

3. Turn Body to Right 180°, Double Forearm Block (*High block w/ left hand & Middle Block w/ right hand*) in a Back Stance

4. Bring Left Hand Down Slowly (*to your Left hip*),
 - ❖ lower your Right Hand horizontally in front of your body
 - ❖ Uppercut with your Left hand (*Right hand inside your Left elbow*)
 - ❖ Quickly After Uppercut, lifting your front foot to the knee of your rear leg step down (*onto #12*) doing a Right hand Side Punch in a horse stance

5. Left Foot Step 90° to Center Line
 - ❖ Bring Right Foot to Side Kick Chamber Facing to the Back
 - ❖ Hands on Left Side (Left hand at Belt, Right Hand Just Above w/ Arm Bent 90°)

6. Look to the Back
 - ❖ Right leg Side Kick with Right hand Back Fist (Bring the hand and foot back to chamber)
 - ❖ Put Right Foot Down (on to your #12)
 - ❖ Turn 180° to Front
 - ❖ Middle Knife-hand Block (W/ Left Hand Blocking and right hand at solar plexus) in a Back Stance

7. Step Forward W/ Right Foot
 - ❖ Middle Knife-hand Block (W/ Right Hand Blocking and left hand at solar plexus) Back Stance

8. Step Forward W/ Left Foot
 - ❖ Middle Knife-hand Block (w/ Left Hand Blocking and right hand at solar plexus) Back Stance

9. Step Forward
 - ❖ Right hand Spear-hand (Left Hand Bracing Under Elbow) in a Front Stance Keop!

SECOND HALF

1. Pivot Left 270°
 - ❖ Middle Knife-hand (W/ Left Hand Blocking) in a Back Stance
2. Step Forward with Right Foot 45°
 - ❖ Middle Knife-hand (W/ Right Hand Blocking) in a Back Stance
3. Pivot Right 180°
 - ❖ Middle Knife-hand (W/ Right Hand Blocking) in a Back Stance
4. Step Forward with Left Foot 45°
 - ❖ Middle Knife-hand (W/ Left Hand Blocking) in a Back Stance

5. Look over your left shoulder (**bring your left hand to your right shoulder**) step down to the center into a Wide Front Stance
 - ❖ Right Reverse Middle Block

6. Right leg Front Snap Kick (**re-chamber**) and land in a front stance
 - ❖ Left Middle Punch
 - ❖ Left hand Reverse Middle Block

7. Left Front Snap Kick (re-chamber) and land in a front stance
 - ❖ Right hand Middle Punch

8. Step Forward Right Foot
 - ❖ Two Fist Middle Block (Right Hand Blocking) in a Front Stance



LAST 4 MOVEMENTS

1. Pivot Left 270° and step into a front stance
 - ❖ left hand Low Block
 - ❖ (with the same hand) Left hand Middle Knife-hand block
2. Step Forward 45° (W/ Right Foot)
 - ❖ Right hand High Block in a Front Stance
3. Pivot Right 135° and step into a front stance
 - ❖ right hand Low Block
 - ❖ (with the same hand) Right hand Middle Knife-hand block
4. Step Forward 45° (W/ Left Foot)
 - ❖ Left High Block in a Front Stance Keop!



**WHITE
STRIPE**

One-Step sparring



#9

Counts:

1. *right leg back* Right leg Front snap kick
 - ❖ (foot lands back where it started)
2. Back kick with Right leg foot lands in front
 - ❖ right hand middle knife-hand block (blocking punch) in a back stance
3. Left hand Reverse punch.
4. Pushing down opponent's punch with left hand
 - ❖ (simultaneously) hopping on a 45 degree angle to the forward right (toward the #2 on the clock)
 - ❖ Using your right hand to do a bear claw attack in a Horse stance Keop!

#10

Counts: (attacker is Left leg back)

1. *left leg back* Left leg Front snap kick
 - ❖ (foot lands back where it started)

2. Back kick with Left leg foot lands in front,
 - ❖ Left hand single middle knife hand block (blocking punch) in a back stance

3. Right hand Reverse punch.

4. Pushing down opponent's punch with Right hand
 1. (simultaneously) hopping on a 45 degree angle to the forward Left (toward the #10 on the clock)
 2. Using your Left hand to do a bear claw attack in a Horse stance Keop!

#11

Counts: *Start with left leg back*

1. Left leg front Snap kick
 - ❖ (foot lands back where it started)

2. Right leg Round house kick.

3. Short spinning wheel kick with the Left leg (to opponent's punch hand)
 - ❖ foot lands in front in a fighting stance

4. Sliding forward w/ left leg in front (DO NOT CROSS LEGS!!!!!!!)
 - ❖ Right hand Reverse punch. Keop!

#12

Counts: *Start with right leg back*

1. Right leg front Snap kick
 - ❖ (foot lands back where it started)

2. Left leg Round house kick.

3. Short spinning wheel kick with the Right leg (to opponent's punch hand)
 - ❖ foot lands in front in a fighting stance

4. Sliding forward w/ Right leg in front (DO NOT CROSS LEGS!!!!!!!)
 - ❖ Left hand Reverse punch. Keop!



**BLUE
STRIPE**

Self-defense

2 Hands on 1



#1

Counts:

1. Shoot your right hand down to the left side
 - ❖ with your right hand wave hello (with a small circle form the inside to the outside {forcing your opponent's arm to bend})
 - ❖ Grab their hand/wrist with your right hand.

2. Take your left hand and place it under your opponent's bent elbow,
 - ❖ cross stepping with your left foot (on to the #2)
 - ❖ pulling down of your opponents hand (To your belly button) and pushing up on their elbow (a levering action)(Towards your front knee) forcing their shoulder down toward your left knee.

3. With your left arm elbow attack to your opponent's back.
 - ❖ Grab their right shoulder with your left hand,
 - ❖ slide your left foot behind their right foot.

4. Pull back on their shoulder and kick their foot forward to sweep them to the floor.
 - ❖ Switch their right hand from your right hand to your left hand, reverse punch, Keop!

#2

Counts:

1. Fake a spear hand attack to your opponent's groin.
2. Reach in through your opponent's arms and grab your fingers,
 - ❖ pulling your hand up (pull up in a peeling motion) and out of their grip.
 - ❖ stepping back (onto #6) with your left leg.
3. Front leg front snap kick. (To the Groin)
4. Front hand vertical punch to the nose, Keop!

#3

Counts:

1. Cross step with your Right leg (onto the #10)
 - ❖ shooting your right hand downward (loosening the grip of your opponent)
2. Slap the top hand of your opponent with the palm of your left hand.
 - ❖ Grab like pac-man (with your pinky finger grabbing their pinky finger)
 - ❖ peel your opponent's hand off of your wrist.
 - ❖ Lift their hand up and over your head as you step back around with your right leg (on to the # 6)
3. Reverse punch with your right hand, Keop!

#4

The nature of this technique, when performed improperly, often results in injury to the attacking partner, as such it has been removed from the Purple Belt Curriculum.

When a student is requested to demonstrate Two Hands on One #4 they are to respond:

“Too dangerous!”

