

7th Gup – Purple Stripe Belt

Form: Pyung Ahn Edan and all preceding forms

Applications:



1. Move to outside of arm and scoop punch across with reverse in-to-out block



2. Hold arm and front kick with rear leg into ribs



3. Place kicking leg in front and reverse punch to ribs with rear hand



4. Roll same arm over to backfist to the rear of the attacker's head



1. Cross grab to wrist



2. Secure attacker's hand and roll arm over to push attacker forward



3. Peel attacker's hand off (thumb first) and twist their wrist back



4. Close up of hand position



5. Twist wrist in and down, move the back foot around



6. Keep turning body to throw attacker to the floor

Fitness (2 mins 30 secs)

- 35 Push Ups
- 35 Squat Thrusts
- 35 Sit Ups
- 35 Star Jumps

Basics

- As directed.
- These will be at a level appropriate to your grade and jump techniques are added at purple belt level.

Breaking

- Jump Side Kick

Sparring

- As directed.
- You can expect to have more bouts and longer times as you progress through the grades.

Bong

- As per 8th Gup
- Low and high blocks on the spot

Combinations

- As directed.
- These will increase in complexity and number as you progress through your grades. They will be combinations of the basics expected at that level.

Typical Grading Questions:

1. Creator of Pyung Ahn forms and his Korean name

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2. Meaning of the 6 berries on the badge

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3. Meaning of the 3 berries on the badge

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4. Meaning of the crane on the badge and the significance of the colouring

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