

8th Gup – Purple Belt

Form: Pyung Ahn Chodan and all preceding forms

Applications:



1. Move to outside of arm and push/punch across (use front arm)



2. Step foot behind attacker's leg and move same arm across chest (can also use across throat)



3. Push down to throw attacker over your leg



1. Same side wrist grab



2. Step back and twist the front arm



3. Grab the attacker's wrist with the rear hand



4. Pull the attacker forward and strike to back of head or neck with the front elbow

Fitness (2 mins)

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

Breaking

- Turning Side Kick

Bong

- As per 9th Gup
- changing hands while doing figure of 8
- bong rotations in front and above the head

Basics

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

Sparring

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

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. Meaning of Pyung Ahn

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2. Meaning of the white suit

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3. Animal symbol of Pyung Ahn Forms

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4. Number of Pyung Ahn Forms

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