

TEST FOR 4 TH GUP
PURPLE BELT

Candidates must have completed a minimum of three months of new instruction and 32 lessons. They must have taught a minimum of 12 new hours as an assistant instructor. Candidates for this rank must have also competed in a least two tournaments, completing four events.

BLOCKS:

Ridgehand Block
U Shaped Block
Twin Knifehand Outward Block
Twin Middle Block Outward

PUNCHES AND STRIKES:

Reverse Elbow Strike
Twin Vertical Punch
Twin Upset Punch
Simultaneous Middle Punch, Knifehand Strike

KICKS:

Spinning Back Kick
Spinning Side Kick
Spinning Hook Kick

Spinning Outside Crescent Kick
Spinning Roundhouse Kick
Spinning Front Kick

COMBINATIONS: (Do Both Sides, Right and Left Leg)

Stepping in front kick, reverse roundhouse kick, spinning side kick
Stepping in front kick, reverse roundhouse kick, spinning hook kick

Focus is total concentration. We block out all else and exist for a time only in the present. What is trivial or distracting fades from our thoughts. For a brief time we direct all our mental processes to a single task. Focus makes it possible for a student to achieve his maximum potential. When doing forms or sparring, a student with good focus will have a clear mind, move smoothly, and perform techniques with precision. Total focus produces a mental state where we can achieve more than we ever believed possible and seem to do so effortlessly. While it is not possible to maintain such a state continuously, a martial artist tries to achieve total focus whenever a maximum effort is required. The more you practice focusing, the more readily you can enter such a state.

JOONG GUN HYUNG: Korea was occupied by Japan and then annexed in the 1900's. The Koreans resented this conquest and Ahn Joong Gun, a Korean patriot, decided to strike back. He assassinated the Japanese Governor General. Mr. Ahn was executed for his actions, and this form honors him for his sacrifice. He was 32 when he died and so this form has 32 moves. The diagram is a capital "I".

SPARRING: Knife defenses (1 - 3) Semi Sparring Free Sparring

HO SIN SULS:

Defense against double label grabs (9 – 10)
Defense against arms pinned from behind (11 – 12)

REQUIRED BREAKS:

Spinning Back Kick

Running Reverse Jumping Side Kick (Flying Side Kick)

Knifehand Outward Strike (Horizontally)