

PURPLE BELT POCKET STUDY GUIDE

FIRST BLACK STRIPE:

Positive Self-Expectancy:

- Winning Black Belts keep an overall attitude of optimism and enthusiasm. Winners understand that life is a self-fulfilling prophecy—a person usually gets what he or she actively expects over the long run.

Kicking Requirement:

- Stationary Fake Jump Roundhouse Kick

SECOND BLACK STRIPE:

One Step Sparring #1

1. Prepare with right hand. Step with right foot (45°) Middle Soo Do Block (left hand)
2. Twist hips (90°), Right Hand Middle Punch
3. Twist hips (90°), Left Hand High Punch
4. Step back into right leg back stance, Right Leg Round House Kick, Ki Hap Return foot to rear.

One Step Sparring #2

1. Prepare with left hand. Step with left foot (45°) Middle Soo Do Block (right hand)
2. Twist hips (90°), Left Hand Middle Punch
3. Twist hips (90°), Right Hand High Punch
4. Step back into left leg back stance, Left Leg Round House Kick, Ki Hap. Return foot to rear.

THIRD BLACK STRIPE:

1. Step to the left, low block (left hand).
2. Step and middle punch (right hand).
3. Turn to the right, low block (right hand), switch to side stance groin strike (right hand), slide right leg back to left leg, hammer fist strike (right hand),
4. Step and middle punch (left hand).
5. Step to the middle, low block (left hand), turn hip back, middle soo do block in front stance (left hand).
6. Step and high block (right hand).
7. Step and high block (left hand).
8. Step and high block (right hand), Ki Hap (yell).

FOURTH BLACK STRIPE:

9. Turn backwards to the left, low block (left hand).
10. Step and middle punch (right hand).
11. Turn to the right, low block (right hand).
12. Step and middle punch (left hand).
13. Step to the middle, low block (left hand).
14. Step and middle punch (right hand).
15. Step and middle punch (left hand).
16. Step and middle punch (right hand), Ki Hap (yell).
17. Turn backwards to the left, low soo do block (left hand).
18. Step 45°, low soo do block (right hand).
19. Turn to the right, low soo do block (right hand).
20. Step 45°, low soo do block (left hand).

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