



## **PURPLE BELT (To Blue Belt) EXAMINATION REQUIREMENTS**

### **BELT CONCEPT: RESPONSIBILITY**

*Required Equipment: belt stretcher*

#### **White Tip: Count Kicks & Fitness**

**A. 6 Count Round Kick / Side Kick: (no wall)**

**B. 4 Count Hook Kick / Round Kick: (holding wall; kicks must be belt level)**

1. Side kick fold
2. Hook kick and re-fold to round kick position
3. Round kick and re-fold
4. Foot down

**C. Fitness Test:** 30 good pushup and 45 sec. plank

#### **Yellow Tip: Purple Belt Basics**

1. Front leg hook kick
2. Back leg inside crescent kick
3. Reverse side kick
4. Reverse hook kick
5. Tornado kick

#### **Blue Tip: Form**

"**Hanguk**" form meaning "**Korea**". (No music)

#### **Red Tip: Sparring**

##### **Three Step Rhythm Sparring**

1. Stay with the rhythm count
2. Use both sides of your body. Vary your techniques (don't repeat the same moves)
3. Defensive blocking and movement required.

#### **Black Tip: Final Test (minimum 40 lessons)**

Final testing will cover all curriculum learned thus far. Check your attendance card for a star stamp on the top left corner to see if you qualify for the final test. The following **must** be submitted to Master Rhee **before** the test day.

1. Typed paragraph on the importance of "**Responsibility**" and where you can apply it to your life
2. Power Goal
3. TKD binder with all messages of the month since your enrollment, most recent report card, graduation application and test fee.

Upon passing the final test with the Master instructors, the final black tip will be given to you and placed lengthwise along your current belt. Students in high school and below must have a parent place the black tip along the width of the belt (at the tip) for final approval. Students who do not receive the black tip from their parents will not earn their new belt until the black tip is properly placed on the belt.

# DONT QUIT

AUTHOR UNKNOWN

*When things go wrong as they sometimes will  
When the road you're trudging seems all up hill.  
When funds are low and the debts are high.  
And you want to smile, but you have to sigh.  
When care is pressing you down a bit.  
Rest, if you must, but don't you quit.  
Life is strange with its twists and turns.  
As everyone of us sometimes learns.  
And many a failure turns about  
When he might have won had he stuck it out;  
Don't give up though the pace seems slow -  
You may succeed with another blow.  
Success is failure turned inside out -  
The silver tint of the clouds of doubt.  
And you never can tell how close you are.  
It may be near when it seems so far:  
So stick to the fight when you're hardest hit -  
It's when things seem worst that you must not QUIT.*