



PURPLE BELT

(4th Gup)

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<p>Techniques:</p> <ol style="list-style-type: none"> 1. X- Cross Stance- Twin Elbow, Spinning twin Knife hand low 7 repeat back to the front 2. Front stance – Out to in –Sudo Chop 3. Cat stance – Pressing block stepping up to Front Stance Upset Punch 	<p>Kicks:</p> <ol style="list-style-type: none"> 1. Spinning side kick 2. Front drop in front- front leave up- jump front
<p>One Steps: 19 – 21</p> <ul style="list-style-type: none"> • NINETEEN – X knife hand high – grab the and walk through inner arm / front kick (face) / elbow strike down • TWENTY – (reverse hand) knife hand block – walk inner arm & knee (chest) / elbow to the back of the head • TWENTYONE – X knife hand low – walk inner arm & front kick (chest) / ax kick (head) 	<p>Self Defense:</p> <ul style="list-style-type: none"> • Single Lapel Grab
<p>Noc Bup:</p> <ul style="list-style-type: none"> • Side fall 	<p>Breaks:</p> <ul style="list-style-type: none"> • Flying Side Kick
<p>Sparring:</p> <ul style="list-style-type: none"> • One on One 	<p>Hyung (Form):</p> <p>Silla [Southern Dynasty (1st Half)]</p> <ul style="list-style-type: none"> • Description / Video
<p>Knowledge:</p> <ol style="list-style-type: none"> 1. What does "Respect" mean to you and give an example? 2. Name and 3. What does "Loyalty" mean to you and give an example 4. Name the 3 Korean Dynasties in Korean and English 5. Name and meaning of your form 6. meaning of your form 	<p>Terminology:</p> <p>Know the meanings/definitions; not what you do when you hear it:</p> <ul style="list-style-type: none"> • Numbers 6-10 in Korean

National Karate Institute | 9 West Main Street | Moorestown, NJ 08057 | 856-866-8665

nkikarate@moorestownmartialarts.com

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