



# PURPLE BELT

## 6TH KUP

10/02/2023

### CORE CONCEPTS

#### FORMS

##### TAEGEUK FORM 5 (WIND):

1. Land the front stance down blocks at the very first, don't try to get to the back fist too early
2. Chamber on the inside of natural block for back fist
3. Land all the inside forearm blocks (forward series) - have a stopping point for each block, chamber also (no one-handed blocks)
4. Land front stances while doing reverse elbow strikes
5. Keep the back-knuckle strike (very last move) at nose height while lunging forward

#### BASICS

(Blocks Start Left, Strikes Start Right)

##### BLOCKS, STRIKES, & STANCES:

1. Front Stance Spread Block, Inward Knee Strike, X - Stance Double Upset Punch
  - a. Lunge forward after knee strike into double upset punch
2. Center Feet, Single Palm Pressing Block, Front Stance Reverse Punch
  - a. The foot that moves to the center, and then steps to the front stance, is on the same side as the pushing hand.
  - b. Pushing hand opens, palm facing the center of the body, and moves horizontally from its shoulder to the opposite shoulder following the fist of the natural block, block is about 10-12 inches from chest
  - c. Non-pushing hand starts with a natural block which pulls/chambers to its hip, then executes the reverse punch with the opposite foot's step to front stance
3. Front Leg Snap Kick, Cat Stance Middle Knife Hand Block
  - a. Hands up in a fighting stance and throw a snap kick, set the foot down, toes facing out to the side, and opposite foot steps forward to finish the cat stance
  - b. Hands stay in middle knifehand position on the next count
4. Japanese: Horse Stance (See Stances Section)
  - a. Similar to normal horse stance but toes face out in 45°
5. Japanese: Straight Leg L - Stance (See Stances Section)
  - a. Similar to korean L-stance but slightly longer with the back foot at a 45° angle

##### KICKS & FOOTWORK:

1. Snap Crescent Kick
  - a. Foot Position: Crescent Foot
  - b. Chamber: Hips and shoulders rotate forward, front leg lifts with the knee turned outward and folded in
  - c. Extend the leg to hit with the top of the foot
2. Flip Side Kick
  - a. Foot Position: Crescent Foot (Side of the foot)
  - b. Chamber: Knee bends slightly upward, bring foot to base leg knee
  - c. Kick extends downward towards the knee.
3. Cut Kick
  - a. Foot Position: Foot pulled back, toes pointed sideways
  - b. Chamber: Like a roundhouse chamber but with knee directed slightly past center, hip turned to side
  - c. Base foot back 45° angle
  - d. Foot extends forward to the body and retracts to the same chamber. Strike with the heel of the foot

#### COMBINATIONS

##### KICK:

1. Front Leg Snap Crescent Kick, Turn Back Kick, Rear Leg Push Kick
  - a. Snap crescent sneaks underneath guard to score point
  - b. Power for push kick comes from proper retraction from back kick - push partner back to create distance
2. Step Away, Back Turning Hook Kick
  - a. Draw opponent in to score with hook kick
  - b. Turn head around before you throw snap hook kick - set foot down all the way around to starting position

### COMBINATIONS (CONT.)

#### OFFENSE:

1. Switch Stance & Go, Step Behind Low / High Side Kick, Front Leg Stomps, Skip Behind, Front Leg Hook Kick, 1 - 2 Punch
  - a. Quickly close distance and draw hands down, stomp to keep away for step behind hook
2. Front Hand Control Block, Jump Reverse Punch (Superman Punch)
  - a. Close to opponent, clear with a follow up from a unexpected direction

#### DEFENSE:

1. Switch Away, Front Hand Control Block, Jump Back Leg Roundhouse
  - a. Moving away clear with a fast follow-up (forward, backward or side)
2. Cover Up, 1 - 2 Punch, Front Hand Ridge Hand, Back Turning Back Fist
  - a. Get close to opponent, cover up, then followed with quick attacks from different heights and directions

### SELF DEFENSE

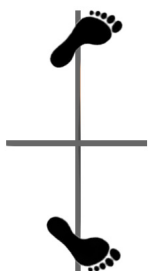
#### CONCEPT: HAPKIDO WRIST CONTROL

1. Stay close to the opponent to take away power.
2. Keep attacker's elbow up while doing same hand and cross hand locks
3. Use circles and joint locks. Move quickly to catch them off guard.
4. Street Style - Avoid and counter with close in attacks
  - a. Street Style #3: Duck & bob head away, step in after the hook punch & block with both arms up shoulder to shoulder

### JUDO

1. Roll to Side Fall
  - a. Arc down into fall (lower center of gravity towards the ground)
  - b. Somersault with trunk turned and head tucked (rolls from shoulder to opposite hip)
  - c. Hollow body position (curved)
  - d. Shoulder you roll over is the foot that plants, the hand that slaps is the same side foot that is raised up
2. Front Fall
  - a. Hands cross as knees bend
  - b. Legs and arms shoot out to land on balls of feet and forearms, landing palm to ground
  - c. Head turns to the side, feet land shoulder width apart

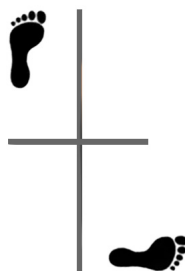
### STANCES



**Horse Stance**  
Japanese



**Straight Leg L-Stance**  
Japanese



**Square Stance**  
Japanese