

# PURPLE BELT

(jumping jacks, push-ups, crunches, side kicks, front kicks, punches (x2), leg lifts, mountain climbers, & side kick hold)

FITNESS

**40**



## WORD OF THE BELT: **POSITIVE SELF-EXPECTANCY**

Winning Black Belts learn to have an overall feeling of optimism and enthusiasm. Winners expect the best in order to achieve their best.



## COMBOS



**1 FRONT PUNCH, SWITCH FRONT-LEG ROUND KICK, REVERSE PUNCH**



**2 HOOK KICK/ROUND KICK, BACK-LEG FRONT KICK (SET BEHIND), FRONT RIDGEHAND**



**3 LEG CHECK, BACK-LEG ROUND KICK, SPINNING BACKFIST, BACK RIDGEHAND**



**4 SKIP SIDE KICK, REVERSE HOOK KICK, BACK-LEG ROUND KICK, REVERSE PUNCH**



## FORM



**WON-HYO** MONK WHO INTRODUCED BUDDHISM TO THE SILLA DYNASTY

## MY PURPLE BELT **GOAL**

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## **TEST TIME!!** DID YOU MEET YOUR GOAL?

Yes!

Not yet, still working on my goal!



**SCAN ME**  
to see this  
curriculum  
on our  
website!

2 MONTHS



Punch  
Fixed Stance

6

Inverted Chop / Aim  
Back Stance

5

Square Block  
Back Stance

4

Square Block  
Back Stance

1

Prepare

2

Inverted Chop / Aim  
Back Stance

3

Punch  
Fixed Stance

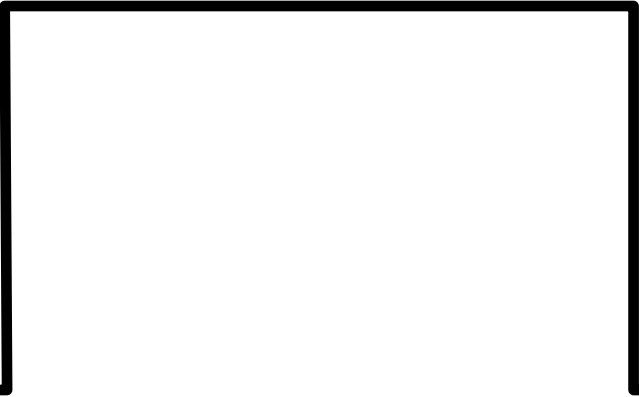
Fighting Stance

28

Side Kick  
Fighting Stance

26

27



7

Pull up / Tea Cup Chamber

8

Side Kick Chamber, Side Kick

9

Sudo Block  
Back Stance

10

Sudo Block  
Back Stance

11

Sudo Block  
Back Stance

25

Pull up / Tea Cup Chamber

24

R Reverse Punch  
Front Stance

23

L Back Leg  
Front Kick

22

L Circle Block  
Front Stance

21

L Reverse Punch  
Front Stance

20

R Back Leg  
Front Kick

19

R Circle Block  
Front Stance

Punch  
Fixed Stance

15

Inverted Chop / Aim  
Back Stance

14

Square Block  
Back Stance

13

Spear finger  
Front Stance

12

16

Square Block  
Back Stance

17

Inverted Chop / Aim  
Back Stance

18

Punch  
Fixed Stance

# WON-HYO

**"MONK WHO INTRODUCED BUDDHISM TO THE SILLA DYNASTY"**