



jhoon rhee tae kwon do

Purple Belt Curriculum

3 Count Hook Kick

1. Hook Kick Chamber (just like sidekick fold).
2. Hook kick snap to round kick chamber position.
3. Foot down.

Combinations

All combinations are offensive.

1. Back reverse hook kick, back leg round kick, back punch.
2. Front leg hook kick, back leg front kick, back reverse hook kick, back punch.
3. Back leg round kick, tornado kick, reverse hook kick, back ridge hand.

Sparring

Be sure to use light contact.

1. Mixed rhythm sparring.
 - Rhythm sparring with mixed count. 1st partner throws 1 technique, 2nd partner throws 2 techniques, 1st partner throws 3 techniques, 2nd partner throws 1 technique, etc.
2. Free sparring.
 - Slide side kick.
 - Fade side kick.
3. Point sparring.
 - Blitz.

10 Sparring Habits to Develop

1. Always wear your protective equipment.
2. Learn to read your opponent. (What stance are they in? What techniques are they using?)
3. Front leg is used 80% of the time.
4. Always stay sideways.
5. Keep guards up/elbows in.
6. Use lateral movement (side to side).
7. Follow up your kicks with punches, and your punches with kicks; use combinations!
8. Stay on the balls of your feet.
9. When kicking, try sliding instead of stepping.
10. Control your technique.



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Purple Belt Form: Jung-yi, meaning Justice

Chun-bi: Cross wrists, hands open, chin level.

Left hand is on the outside.

1. Left chop (no fold) down block and yell in low back stance, right back punch.
2. Right fold and chop down block in back stance, left back punch.
3. Turn north, low back stance, fold, left chop, right punch, rechop.
4. (Low stance spin chop sequence) right step, inward chop with right hand, fold left on top, 360 degree counter clock turn and left step chop block with right back stance.
5. Right back punch with yell.
6. Right step right chop block in low back stance, left back punch, right rechop.
7. Turn east 270 degrees, left chop down in low back stance.
8. Right back punch.
9. Turn west right chop down in low back stance, left back punch.
10. Turn south, low back stance, fold, right chop, left punch, rechop.
11. Right step front stance with fists X-block down (hands start in high tuck).
12. Fists X-block to chest to open hand X-block up.
13. Open hands to V position, press block with left hand, right punch, left/right double punch.
14. Right back step, left front stance with fists X-block down.
15. Fists X-block to chest to open hand X-block up.
16. Open hands to V position, press block with right hand, left punch, right/left double punch.
17. Bring right foot to left and stand upright.
18. Left front kick, right round kick, tornado kick (hit left palm).
19. Right elbow strike to left palm and yell in low open stance (Looking east).
20. Look south, fold, right chop block down in low back stance, left back punch.
21. Turn west 270 degrees counter-clockwise and left chop block down in low back stance.
22. Right back punch.
23. Turn east, right chop block down in low back stance, left back punch and yell.
24. Goman: Cross wrists, hands open, chin level (left hand on the outside).