

PARK'S MARTIAL ARTS

217 Park Avenue, Long Beach NY 11561 | 516-432-6006
masterpark@parkstaekwondo.com | www.parkstaekwondo.com



PURPLE BELT

BELT MEANING

The clear sky. The student has developed speed and accuracy.

REQUIREMENTS

<Purple belt to Red belt>

1. BASIC STANCES
2. TEN BASIC MOTIONS
3. FORWARD HANDS TECHNIQUE (Teen & Adult only)
4. TEN STEP
5. FORWARD KICKING COMBINATION
6. FALLING TECHNIQUE (NAK BUP)
7. SELF-DEFENSE -
8. FORM – Tae Geyk Oh Jang
9. BREAKING - Tornado kick
10. TEN COMMANDMENTS
11. FREE SPARRING
12. TERMINOLOGY TEST
13. ALL EQUIPMENT
14. PROMOTION QUALIFICATION-
 - 1) 2 – 2 ½ months & up to 15 classes
 - 2) Instructor's approval

TERMINOLOGY

ENGLISH

Back Kick
Spinning Hook Kick
Thunder Kick
Tornado Kick
Thank you!

KOREAN

Dwi cha gi
Do dol ryo cha gi
Na rae cha gi
Na ra bang
Gam sa hap ni da

When punching and kicking, what are the three vital spots to hit?

- I should hit between the nose and mouth (In Jung)
- I should hit the solar plexus (Myun Chee)
- I should hit the lower abdomen (Tan Jun)

TEN COMMANDMENTS

1. Be loyal to your country.
2. Be loving and show fidelity to your parents.
3. Be loving between husband and wife.
4. Be cooperative between brother and sister.
5. Be faithful to your friends.
6. Be respectful to your elders.
7. Establish trust between teacher and student.
8. Think before killing any living thing.
9. Never retreat in battle.
10. Always finish what you start SIR!