

## Purple One Curriculum

### **Palgue 6**

- Knife Hand Middle Block:** Turn to the left (90) and step with your left foot into a back stance. Knife hand middle block with your left hand forward.
- Front Kick, Reverse Punch:** Front kick with your left foot and step forward with it into a front stance. Reverse punch with your right hand.
- Knife Hand Middle Block:** Turn to the right (180) and step with your right foot into a back stance. Knife hand middle block with your right hand forward.
- Front Kick, Reverse Punch:** Front kick with your left foot and step forward with it into a front stance. Reverse punch with your left hand.
- Down Block:** Turn to the left (90) and step with your left foot into a front stance. Down block with your left hand.
- Guarding Chop:** Shift your hips a bit to the right as you pull your left hand to the right side, crossing your right hand over your left at your belt. Shift your hips forward again as you guarding chop, right hand forward.
- Front Kick, Back Fist Smash:** Front kick with your right foot and skip forward into a monkey stance. Back fist smash with your right hand. Kihap.
- Knife Hand Lower Block:** Turn to the left (270) and step with your left foot into a back stance. Knife hand lower block with your left hand forward.
- Double Ram Head Break:** Shift your left foot into a front stance. Double ram head break with both hands.
- Front Kick, Punch, Punch:** Front kick with your right foot and step forward with it into a front stance. Reverse punch with your right hand. Reverse punch with your left hand.
- Knife Hand Lower Block:** Turn to the right (180) and step with your right foot into a back stance. Knife hand lower block with your right hand forward.
- Double Ram Head Break:** Shift your right foot into a front stance. Double ram head break with both hands.
- Front Kick, Punch, Punch:** Front kick with your left foot and step forward with it into a front stance. Reverse punch with your left hand. Reverse punch with your right hand.

<b>Knife Hand Middle Block:</b>	Turn to the left (90) and step with your left foot into a back stance. Knife hand middle block with your left hand forward.
<b>Guarding Palm Press:</b>	Shift your left foot into a front stance. Guarding palm press with your right hand forward.
<b>Front Kick, Temple Smash:</b>	Front kick with your right foot and step forward with it into a front stance. Temple smash with your right hand. Kihap.
<b>Front Kick, Upper Block:</b>	Front kick with your left foot and step forward with it into a front stance. Upper block with your left hand.
<b>Side Kick/Back Fist, Knife Hand Middle Block:</b>	Simultaneously side kick your right foot and back fist with your right hand. Step forward with your right foot into a back stance and knife hand middle block with your right hand forward.
<b>Knife Hand Middle Block:</b>	Turn to the left (180), slide your right foot to your left foot and step into a back stance. Knife hand middle block with your left hand forward.

### **Self Defense 8: Sit and Trap**

Press up with your hands and let them drop back to the floor. Repeat two more times. Press up with your hands and snap them to your sides as you bring your knee up to knock your attacker off of you. When in the clear reverse punch to face.

### **One Step Sparring #8**

- Start at ready position
  - No leap
- Inside crescent kick (R)
  - Side kick (R)
  - Pop up side kick (R)
- Double punch, Kihap

### **Hook Kick Combination**

- Spin Hook Kick (R)
- Slide Hook (R)
  - Pop Hook (R)
- Double punch, Kihap

