

Purple Belt

Staff Form 1

- Overhead Strike:** Step forward with your right foot into a front stance and overhead strike. Kihap.
- Spear:** Pull back the staff and touch your right foot to your left knee. Step back into a front stance with your right foot. Spear forward with the staff.
- Side Strike:** Step back with your right foot into a horse stance. Strike forward with the left tip of the staff.
- Down Block:** Swing the right tip of the staff up over your head and down block with the right tip.
- Poke Right:** Unwind the staff and poke to the right.
- Poke Left:** Poke left with the staff.
- Upper Block:** Change your right hand grip to knuckles-up and step forward with your right foot into a front stance. Upper block with the staff
- Lower Block:** Lower block with the staff.
- Side Strike:** Strike forward with the right tip of the staff.
- Side Strike:** Strike forward with the left tip of the staff.
- Upper Block:** Step forward with your left foot into a front stance. Upper block with the staff
- Lower Block:** Lower block with the staff.
- Side Strike:** Strike forward with the right tip of the staff.
- Side Strike:** Strike forward with the left tip of the staff.
- Stomach Strike:** Step forward with your right foot into a horse stance. Stomach strike with the right tip of the staff. Kihap.
- Take Down:** Swing the right tip of the staff down and then up as you bring your right hand to your right shoulder, bringing your right foot back into a cat stance.
- Leg Sweep:** Step behind you with your right foot and drop to your left knee. Leg sweep with the right end of the staff.
- Low Spear:** As you bring your right foot to a ready stance, raise the right tip of the staff high to your right and then low spear with the left tip as you land with into a front stance right foot forward. Kihap.

Self Defense 7: Shin Shield

Start in an open guard position. Drop left leg and shrimp to left. Bring the right knee up for a shield from shoulder to hips. Grab the back of head with the right hand and grab the arm with the left hand. Scissor sweep to left into the mount position.

One Step Sparring #7

- Start at ready position
 - Leap to the left
 - Side kick (R)
 - Spin back kick (L)
 - Axe kick (L)
- Double punch, Kihap

Hook Kick Combination

Spin hook kick (R)
Slide-up hook kick (R)
Skipping hook kick (R)
Double punch