

7th Gup Purple Belt Drills

Requirements 6th Gup Green Belt – (test)

Kicks: (Fighting Stance)*

- 1 - Axe - Cchk Ki*
- 2 - Diagonal (inside/outside) Bit Cha Ki*
- 3 - Jump Front Kick*
- 4 - Back Kick*

Kicks: (Horse Stance)*

- 1 - Side Kick
- 2 - Hook Kick
- 3 - Jump Side Kick
- 4 - Jump Hook Kick

Two Kicks Same Leg (Doubles)*

- 1 - Front Kick / Front Kick*
- 2 - Front Kick / Side Kick*
- 3 - Side Kick / Side Kick*
- 4 - Roundhouse Kick / Roundhouse Kick*
- 5 - Front Kick / Roundhouse Kick*
- 6 - Roundhouse Kick / Hook Kick*

Two Kicks Opposite Legs (Doubles)*

- 1 - Front Kick Low*
Front Kick High
- 2 - Front Kick*
Side Kick
- 3 - Roundhouse Kick*
Side Kick
- 4 - Inside-Outside Kick*
Side Kick
- 5 - Outside-Inside Kick*
Axe Kick

Hands:

- 1 - Side Punch – Choong Dan Hang Jin – (Horse Stance)*
- 2 - Knife Hand / Reverse Punch – Yuk Jin - (Fighting Stance)*
- 3 - Knife Hand / Reverse Punch – Yuk Soo - (Front Stance)*

Hands: (Front Stance)

- 1 - Outside/Inside Block
- 2 - Inside/Outside Block
- 3 - Two Hand Middle Block*

7th Gup Purple Belt Drills

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Hands: (Fighting Stance)

- 1 - Low Knife Hand Block - Ha Dan Soo Do Mahk Ki*
- 2 - Middle Knife Hand Block - Choong Dan Soo Do Mahk Ki*
- 3 - High Knife Hand Block – Sang Dan Soo Do Mahk Ki*

Forms: (Red are Optional Forms)

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|------------------------------------|-------------------------------------|
| 1 - Kee Cho Hyung Il Bu | 2 – Kwan Hyung Il Bu |
| 3 - Kee Cho Hyung E Bu | 4 – Kwan Hyung E Bu |
| 5 - Kee Cho Hyung Sam Bu* | 6 – Kwan Hyung Sam Bu* |
| 7 – Pyung Ahn Cho Dan | 8 - Moo Duk Kwan Hyung Il Bu |
| 9 – Moo Duk Kwan Hyung E Bu | |

One Steps & Self-Defense

- 1 - Hands, 6 – 10*
- 2 - Kicks, 6 – 10*
- 3 - Ho Sin Sul, 1 -5*

Sparring – Cha Yu Dae Ryun – (2) 2 min. Rounds *

Breaking (1 - 2 Techniques) Kick or Hand - One Board each