

Navy Blue Belt/ 5th Gub

Philosophies and Requirements

Meaning of Belt:

Represents the symbol of **WIND**. There are 2 types of Wind: Strong and gentle. Wind symbolizes the state of mind, and the ability to focus your type of “Wind” in the event of a storm, or situation. Tae Kwon Do teaches you to exhibit a gentle wind in attitude, but in the need for self-defense your strong wind will be at your avail to protect you and others.

Requirements for Testing to Purple Belt:

0. Poomse (Form): Tae Kug 5 (Oh) Jang – 20 movements

0. Techniques: (Including all prior ranking techniques already listed)

- Stance – Cross Stance
- Hand techniques – Elbow Strike, Back Fist Strike
- Blocks – Palm Block and Scissors Block
- Kicks – 5 times Round House Kick forward and Backward with holding Knee, Double Kick Round House Kick (Low and Middle) Double Side Kick
- Foot Skills – 1 step Backward and 1 slide Backward with Kicks
- Basic Movement – Number 1 to Number 36
- Combination Skills – Skip Roundhouse Kick combined with other Kicks
Palm Blocks with Step Backward
Jump Kick with Balance
- Rolling Method – Roll forward

0. Breaking: Nae-Rae Kick or Axe Kick Breaking

0. Sparring: Demonstrate 10 good Sparring techniques
Demonstrate Return Kick

0. Terminology: (Including all prior ranking techniques already listed)

- Kick – Cha Gi
- Front Kick – Ahp Cha Gi
- Side Kick – Yeop Cha Gi
- Back Kick – Dwi Cha Gi
- Roundhouse Kick – Dolyro Cha Gi
- Jump Front Kick – E Dan Ahp Cha Gi

Chun Ma Tae Kwon Do Academy

Application for promotion to **Purple Belt (4th Gub)**

Name: _____ Age: _____ Birth Date: _____

Address: _____ City: _____ Zip: _____

Phone: _____ Last Promotion: ____ / ____ / ____ Test Fee: \$60 Paid: _____

If at any time I violate any of the following three (3) rules and regulations governing Chun Ma Tae Kwon Do Academy, Inc., I hereby agree that the Chun Ma Tae Kwon Do Academy Reserves the right to suspend my rank or status:

0. The purpose of the martial arts is to improve both mental and physical health and all members must uphold and protect the honor and prestige of the Martial Arts.
1. Members are forbidden to use Martial Art Techniques to provoke and challenge innocent persons, and such use will make offending members subject to disciplinary action.
2. That the Chun Ma Tae Kwon Do Academy is the sole and only judge of my qualifications and achievement in the Martial Arts.

I will accept any grade or belt rendered by the school and federation with complete satisfaction, neither demanding nor protesting for a higher grade or belt.

*** () *Please, mark here if you want grade sheet after test. If not, leave blank.* ***

Date: ____ / ____ / ____ Applicant's Signature: _____

Parent's or Guardian's Signature: _____

(If applicant is under 18 years old)

| CATEGORY | Grade | Comments |
|---------------|-------|----------|
| B. Movement | | |
| Poomse | | |
| Hand Skills | | |
| Kick Skills | | |
| 1 - T - L - S | | |
| Sparring | | |
| Breaking | | |
| Terminology | | |
| Endurance | | |
| Speed Kick | | |

Written Test

Purple Belt (4th Gub)

Must be completed before student receives belt

Terminology:

Please Write the Korean Word for the following:

Kick: _____

Front Kick: _____

Side Kick: _____

Back Kick: _____

Round House Kick: _____

Jump Front Kick: _____

Personal Growth:

Define cooperation, and why do we need it in class, and at home?

Parents (Spouses) Turn:

What Improvements have you seen in your child/spouse since their last promotion test? In what areas?

In what Areas would you like to see more improvement?

Space for additional comments (Students/Parents/Spouse):