

Family Martial Arts Center

Student _____

Age _____ Student Number _____

**I.D. Size Photo
REQUIRED**

**Test form, fee and
picture are due one
week before your test.**

ADULT PURPLE BELT

Number	Description of Technique	Score
1	Turn to side/Double Cross Low Block, High Front Kick, Tiger Mouth, Knee Smash, Foot Stomp, Low Back Hook Kick – Du Pal Mok Arae Makki, Ulgool Up Chuggi, Agum Son Chirugi, Morroop Jiroogi, Bal Jiroogi, Arae Di Wholeggi	
2	Inside Kick, Back Thrust Kick, Back Knuckle, Ridge Hand – Ahn Chuggi, Di Chuggi, Ekwon, Bondae Son Nal	
3	Roundhouse Kick, Back Hook Kick, Side Knife, Front Rib Punch – Doleyo Chuggi, Di Wholeggi, Yup Son Nal, Up Chu Mok	
4	Form 6 – Poomsae Taegeuk Oh Jang	
5	Dive Tumbling – Men: 3 Obstacles – Women: 2 Obstacles – Nak Bup	
6	Hand/Foot Skills (Block/Punch/Kick Drill) Makki/Chiggi/Chuggi	
7	Falling Skills (Airborne Flip onto Crash Mat) – Nak Bup	
8	Self Defense 7– Ho Shin Sul – <i>Opposite Side Wrist Grab</i> (you must also create your own defense vs. throat grab – type and attach to form)	
9	One Step Punch Sparring 7 – Ilbo Son Kyurugi	
10	One Step Kick Sparring 2 – Ilbo Bal Kyurugi	
11	Medium-contact Free Sparring: 2 on 1– Kyuroogi	
12	Breaking – Kyuk Pa (Middle Punch 2 Boards - Men – Women: 1 Board - Momtong Chiggi. Both sexes must break 1 board using Jumping Side Kick – Edan Yup Chuggi)	
13	Physical Skills – 17 Pushups, 35 Rowing Exercises	
14	Questions	
15	Discipline – Poom Hyung	
16		

Please return your test form within one week.

Examiner: _____ Result: _____ Date: _____