

In Wha Il-Jahng (1)

Technical Information

사급

Purple Belt Testing Requirements

A. Basics & Kicks - First Stripe

1. Square block, Front high/low block, Knifehand block, Reverse horizontal elbow strike, Back elbow strike, Vertical punch
2. #1-, #2-, #3-, #4-Hook kicks, Reverse hook kick, Step reverse hook kick, Spin hook kick, Step spin hook kick, #1-, #2-, #3-, #4-Jump crescent kicks, #1-, #2-, #3-, #4-Jump round kicks

B. Form - Second Stripe

1. In Wha 1, 44 moves
2. Free sparring (Must use own kicking techniques in sparring)
3. Martial art attitude

C. One-Step Sparring - Third Stripe

1. Break 1 station 1 board
2. Sparring segments #1, #2, #3
3. Self Defense Techniques - Optional

Form: In Wha Il-Jahng (1)

1. □ Step left foot to left forming right back stance. □ Double knifehand block.
2. □ Shift left foot to left front stance; □ right horizontal elbow strike to left palm.
3. □ Left foot shifts over to line (S-N) #2 right inner crescent kick. □ Land with right foot next to left foot. And...
4. □ In continuous motion, left reverse side kick. And...
5. □ In continuous motion, left leg lands forward in left back stance, left back elbow strike to north (facing north). □ (Right knifehand palm pushes left fist in back elbow strike.) --- (Direction Change on Line Corner)---
6. □ Move right foot 90 degrees clockwise to right sparring stance facing west; double outer forearm block.
7. □ #2 Left round kick to low section. And...
8. □ In continuous motion, left repeat round kick to high section.
9. □ Land in left sparring stance, double outer forearm block. --- (Direction Change on Line Corner)---
10. □ Right foot steps clockwise 90 degrees to left back stance. □ Double knifehand block.
11. □ Shift right foot to right front stance; left horizontal elbow □ strike to right palm.
12. □ Right foot shifts over to line (N-S) than #2 left inner crescent kick. Land with left foot next to right foot. And...
13. □ In continuous motion, right side kick. And...
14. □ In continuous motion, right leg lands forward in right back stance, right back elbow strike to south (facing south, left Knifehand palm pushes right fist in back elbow strike). **Kihap**. --- (Direction Change on Line Corner)---
15. □ Step left foot clockwise 90 degrees to form left sparring stance; double outer forearm block.
16. □ #2 Right round kick to low section. And...
17. □ In continuous motion, right repeat round kick to high section.
18. □ Land in right spanning stance, double outer forearm block. --- (Direction Change on Line Corner)---
19. □ Step left foot up to right foot; right foot steps 270 degrees clockwise to form left back stance; square block with fists (facing north)
20. □ #2 Left front kick to north. And...

21. □ In continuous motion without lowering left leg, left side kick to west. And...
 22. □ In continuous motion, step back to right front stance, □ left vertical punch to midsection.
 23. □ No step, right vertical punch to high section.
 24. □ Step left foot forward to right back stance; left punch □ to middle section. **Kihap**.
 25. □ No step, Left knifehand strike to high section. --- (Direction Change on Line Corner)---
 26. □ Right foot moves to left, Pivot on left counter clockwise 90 degrees to closed stance facing west. Right high inner forearm block/left low block with fists (to front).
 27. □ Step back with right foot to right back stance. Double knifehand block.
 28. □ No step. Right horizontal spearhand strike to high section.
 29. □ Left outer reverse crescent kick (180 degrees, facing south) to middle stance.
 30. □ No step. Right outward knifehand block to south.
 31. □ No step. Left punch to middle section. --- (Direction Change on Line Corner)---
 32. □ Step right foot to left foot; left foot steps 270 degrees counter clockwise to form right back stance; square block with fists (facing south).
 33. □ #2 right front kick to south. And...
 34. □ In continuous motion, without lowering right leg, □ right side kick to west. **Kihap**. And...
 35. □ In continuous motion, step back to left front stance; □ right vertical punch to middle section.
 36. □ No step. Left vertical punch to high section.
 37. □ Step right foot forward to left back stance; right punch to middle section.
 38. □ No step. Right knifehand strike to high section. --- (Direction Change on Line Corner)---
 39. □ Move left foot to right pivoting 90 degrees to form closed stance facing east. Left high inner forearm block/right low block with fists (to front).
 40. □ Step back with left foot to left back stance. Double knifehand block.
 41. □ No step. Left horizontal spearhand strike to high section.
 42. □ Right outer reverse crescent kick (180 degrees, facing south) □ to middle stance.
 43. □ No step. Left outward knifehand block to south.
 44. □ No step. Right punch to midsection.
- Bahroh - Left foot returns ready stance.

Sparring Segments

Segment #1

- L Sparring stance
- L Outer forearm block H
- L #1 hook kick H
- R Reverse punch M
- R #2 Jump round kick H
- R Knifehand strike H
- L Ridgehand M

Segment #2

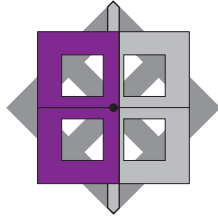
- R Sparring stance
- R #1 Jump round kick H
- L Low block L
- L #2 Round kick H
- L Backfist H
- R Reverse punch M
- L Punch H
- L Right foot step forward
- Reverse hook/round kick H

Segment #3

- L Sparring stance
- R #4 Hook kick H
- R Outer forearm block H
- R Reverse punch H
- L Low block L
- L Outer forearm block H
- L #2 Jump front kick M

Self-Defense Techniques

1. (A) Grab with punch □
(D) Secure Arm, Radial strike, Knee to Common Peroneal, Elbow strike.
2. (A) Grab with punch
(D) Lock up, Jugular notch, Palm heel, Wrist lock/inverted finger lock to take down.



Form Meaning

The name of your form is IN WHA which means: "An unbroken glory."

Color Belt Philosophy

The philosophical interpretation of the Purple Belt is:

"Coming to the mountain. The tree is in mid-growth and now the path becomes steep." The student has crossed over into a higher level of Songahm Taekwondo. The techniques, forms, and level of sparring become more difficult, creating a "mountain" that must be overcome.

Form - Individual action

Speed will be developed only after you strengthen your muscles. A Ply-O-Metrics workout will be excellent for explosive and dynamic movements. Consult with your instructor on this matter. Relaxation is also a key to speed during motion. Don't have tension all of the time. The only time you should tighten your muscles is right before reaching your target.

Segments break down: 5 - 4 - 5 - 4 - 7 - 6 - 7 - 6

In Wha IL Jahng (1) has 44 movements and its Ki-haps are on the 14th movement (right back elbow strike), the 24th movement (left punch), and the 34th movement (right side kick).

Board Breaking - Evidence of Power

Purple belts will break 1 station and only 1 board regardless of age or gender. Board sizes will be the same as prescribed in the Instructor manual.

Technique Requirements

1. Knifehand strike
2. Elbow Strike
3. Palm Heel Strike

Understanding distance is one of the important elements of sparring. The degree of perceived safety in this private space depends upon the method or type of threat. Each person also has an invisible safety zone ... a private space.

Safe zone - foot distance

Danger zone - hand distance

From Master M.K. Lee

Vice-Chairman of Instruction, 7th Degree Black Belt

"Congratulations on your new purple belt. I know by this time you have already set your goal to be a Black Belt. The road to glory is long and hard. Sometimes it is difficult to continue, but put your trust in your instructor. Listen and follow directions, even if sometimes your instructor's word does not appeal to you. Do this and you will succeed and you will be happy."

Sincerely in Taekwondo,
Senior Master M.K. Lee