

AP SAGI - Purple Belt Form
Meaning - Self Leading

	Side	Movement Name	Stance	Section
1	R	Leg Check	Middle	Middle
2	R	Side Kick		Middle
3	R	Round Kick		M or H
4	R	Round Kick		M or H
5	R	Double Knifehand Block	Middle	Low
6	R	Double Knifehand Strike	Middle	High
7	R	Side Kick		M or H
8	R	Back Elbow Strike	Middle	High
9	L	Leg Check	Middle	Middle
10	L	Side Kick		Middle
11	L	Round Kick		M or H
12	L	Round Kick		M or H
13	L	Double Knifehand Block	Back	Low
14	L	Double Knifehand Strike	Back	High
15	L	Side Kick		M or H
16	L	Back Elbow Strike	Middle	High
17	L	Double Knifehand Block	Back	Middle
18	L	High Low Block	Back	L & H
19	L	Round Kick		M or H
20	R	Jump Spin Crescent Kick		High
21	L	Double Outer Forearm Block	Middle	Low
22	R	Double Knifehand Block	Middle	Middle
23	L	Front Kick		M or H
24	R	Round Kick		M or H
25	L	Jump Spin Crescent Kick		High
26	R	Double Outer Forearm Block	Back	Low
27	L	Head Grab	Front	High
28	R	Knee Strike	Front	Middle
29	R	Reverse Upset Spearhand	Front	Low
30	L	High Low Block	Back	L & H
31	R	Inner Crescent Kick (slap-option)		High
32	R	Jump Spin Inner Crescent Kick (slap-o)		High
33	R	Front Elbow Strike	Middle	High
34	R	Head Grab	Front	High
35	L	Knee Strike	Front	Middle
36	L	Reverse Upset Spear Hand	Front	Low
37	R	High Low Block	Back	L & H
38	L	Inner Crescent Kick (slap-o)		High
39	L	Jump Spin Inner Crescent Kick (slap-o)		High
40	L	Front Elbow Strike	Middle	High

PURPLE BELT ONE-STEP SPARRING

Side A will step back and attack with kicks

Side B will step forward then respond with the appropriate blocks.

A" MOVEMENTS

- I. L Double Outer Forearm Block
L #3 Front Kick
R #2 Side Kick
evade

R #1 Side Kick
L Spin Hook Kick
R Double Outer Forearm Block

- II. L Double Outer Forearm Block
R #2 Round Kick
L Reverse Hook Kick
evade
L Double Side Kick
R Jump Spin Crescent Kick
L Double Outer Forearm Block

- III. L Double Outer Forearm Block
L #3 Jump Front Kick
evade

L Knifehand Block
R Inner Crescent Kick
R Jump Reverse Inner Crescent Kick

Fall on the ground - tuck chin

L Front Kick

Side A will step back and attack with 2 kicks

Side B will step forward then respond with the appropriate blocks.

"B" MOVEMENTS

- L Double Outer Forearm Block
L Low Block - Tiger Stance
L Inner Forearm Block Tiger Stance
B Twin Upset Punch
R Reverse Punch

- L Double Outer Forearm Block
L Knifehand Block
Evade
R Step Forward Elbow Strike

- L Double Outer Forearm Block
Evade
L Punch
R Reverse Ridgehand Strike

Pause

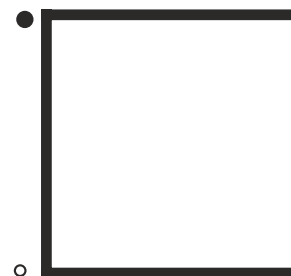
R Ridgehand Strike
Grab elbow - Take down
L Punch

Ap Suki

Self Leading

40 Movements

8,16,31,38



Level 2!
PURPLE BELT
SPARRING SEGMENTS

3RD GRADE - LEFT FOOT STEPS OUT TO JHOONBEE

1. L SPARRING STANCE - ARM BASE
L CROSS AX KICK
R OUTER FOREARM BLOCK
L PUNCH - HIGH
R REVERSE PUNCH - MIDDLE
L LOW BLOCK
R JUMP SPIN OUTER CRESCENT KICK
L BACKFIST - MIDDLE
R REVERSE PUNCH - HIGH
R BACKFIST - HIGH
L PUNCH - MIDDLE

2. R #2 SIDE KICK
L JUMP SPIN OUTER CRESCENT KICK
R PUNCH - HIGH
L REVERSE PUNCH - HIGH
R HORIZONTAL PALM HEEL - HIGH
R #3 JUMP AX KICK

3. R PUNCH - HIGH
R KNIFE HAND STRIKE - HIGH
L SPIN BACK FIST - MIDDLE
L #1 LEFT SPIN HOOK KICK
R #1 RIGHT ROUND KICK
R CONTINUOUS MOTION HOOK KICK
L REVERSE SIDE KICK
L #3 JUMP SIDE KICK - skip

GENERAL INFO

THERE ARE 374 MOVEMENTS FROM WHITE BELT TO RED/BLACK BELT FORMS COMBINED. THIS DOES NOT INCLUDE ONE-STEPS OR SPARRING SEGMENTS. ALL STRIKES CHAMBER FROM THE TOP AND ALL BLOCKS CHAMBER FROM THE BOTTOM. (EXCEPT FOR THE LOW BLOCK AND HIGH BLOCK.) ALL HAND TECHNIQUES TWIST AT THE END.