

Purple Belt Test Sheet

Name _____

Belt Size _____

Date: _____

Philippians 1:6 New International Version (NIV)

6 being confident of this, that he who began a good work in you will carry it on to completion until the day of Christ Jesus.

☐ (Worth 10 points)

Psalms 23 New International Version (NIV) A psalm of David.

1 The Lord is my shepherd, I lack nothing. 2 He makes me lie down in green pastures, he leads me beside quiet waters, 3 he refreshes my soul. He guides me along the right paths for his name's sake. 4 Even though I walk through the darkest valley, [a] I will fear no evil,

for you are with me; your rod and your staff, they comfort me. 5 You prepare a table before me in the presence of my enemies. You anoint my head with oil; my cup overflows.

6 Surely your goodness and love will follow me all the days of my life, and I will dwell in the house of the Lord forever.

☐ (Worth 10 points)

☐ School Creed, 5 tenets of the Dojos of the Risen Son, with full Creed (Worth 10 points)

Stances (1 point each)

☐ Fighting ☐ Front ☐ Riding ☐ Back ☐ Rear foot ☐ Side

☐ Bending ready

Blocks (1 point each)

☐ Low ☐ Outer Forearm ☐ Inner Forearm ☐ High ☐ X Block ☐ Circle
☐ Wedging ☐ Knife hand guarding ☐ Forearm guarding ☐ Twin outer forearm

Strikes (1 point each)

☐ Middle Punch ☐ Inward knife hand ☐ Knife Hand ☐ Palm Heel ☐ Spear finger thrust ☐ Back Fist ☐ Elbow
☐ Reverse Knife Hand ☐ Fixed back stance punch

Kicks (1 point each)

☐ Front ☐ Side ☐ Step Through Side ☐ Roundhouse ☐ Jump Front ☐ Knee
☐ Inside Crescent ☐ Outside Crescent ☐ Back Kick ☐ Foot Sweep ☐ Back leg side kick

Technique (5 points each)

☐ Flow with sharp movement ☐ Looking at Target ☐ Loud Kyops ☐ Passion

Break Blue Board (5 points each)

☐ Strike ☐ Kick

One steps 1- 8 (5 points each)

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8

Forms (10 points each)

☐ Chon-Ji Hyung ☐ Dan-Gun Hyung ☐ Do-San Hyung ☐ Won-Hyo Hyung

☐ 20 Push ups (Worth 10 points)