



American Black Belt Academy



208 State St. Oshkosh, WI. 54901

Phone: 920-232-9700

Adult Purple Belt Requirements

Kicking: <input type="checkbox"/> Upward Knee Strike <input type="checkbox"/> Horizontal Knee Strike	Striking: <input type="checkbox"/> Knifehand Strike <input type="checkbox"/> Spear Finger Strike <input type="checkbox"/> Ox Jaw Strike	Breakaways: (Two Hands on One) <input type="checkbox"/> #1 – Grab Over Top <input type="checkbox"/> #2 – Clapping Hands <input type="checkbox"/> #3 – Angle Elbow Up
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Minimum of 8 classes and 1 month

Defense against Same Side Wrist Grab: <input type="checkbox"/> #11 – Clockwise/Counter Clockwise <input type="checkbox"/> #12 – Hammer Lock <input type="checkbox"/> #13 – Reach Under and Grab <input type="checkbox"/> #14 – Reach over top and Grab <input type="checkbox"/> #15 – Insert Hand Thumb Up Introduction to Circular Movement <input type="checkbox"/> Basic Block with Palm Heel and Oxbow Striking	Breakfalls from squatting position with jumping: <input type="checkbox"/> Front fall <input type="checkbox"/> Back fall <input type="checkbox"/> Left side fall <input type="checkbox"/> Right side fall <input type="checkbox"/> Medium Obstacle	Yudo Sul (Throwing) <input type="checkbox"/> #3 Arm Throw <input type="checkbox"/> #4 Hip Throw <input type="checkbox"/> #5 Neck Throw Defense against Cross Hand Wrist Grab: <input type="checkbox"/> #7 – Palm Facing Opponent <input type="checkbox"/> #8 – Finger Lock
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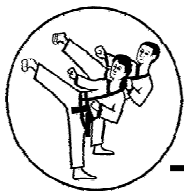
Minimum of 16 classes and 2 months

Vocabulary: <input type="checkbox"/> Korean Vocabulary Dan – Degree of Black Belt Ba Ro – Return to order Mahk Gi – Block San Dan Mahk Gi – Upper Block Ban Dae Ro – Opposite Side Su Mool – Twenty Guep – Class under Black Belt Shee Yeu – Rest or Relax Choong Dan Mahk Gi – Middle Block Dan Jun – Internal Strength Shu Run – Thirty	Defense against Side Wrist Grab: <input type="checkbox"/> #1 – Trap Hand Low <input type="checkbox"/> #2 – Trap Hand High Defense against the Punch <input type="checkbox"/> #1 – Arm Bar <input type="checkbox"/> #2 – Trachea Grab	Dan Sik Kwon Sul <input type="checkbox"/> (5) Techniques from a punch (Students Choice) Self Defense: <input type="checkbox"/> #1 Bear Hug Front <input type="checkbox"/> #2 Bear Hug Front <input type="checkbox"/> #9 Lapel <input type="checkbox"/> #2 Hairpull (Rear – 2 hands)
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Minimum of 24 classes and 3 months

- Review of all the above requirements
- Exam request form (must be filled out one week prior to the exam date)
- Exam fee: \$30.00 includes belt and certificate
- Minimum of 32 classes and 4 months

Exam date: __ / __ / __



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Breakaways from two hands on one wrist

Technique #1

1. Live Hand
2. Step in
3. Raise your hand - Angle elbow down and fingers up
4. Reach over and grab the back of your hand
5. Bring the elbow up and strike to the face as you breakaway
6. Finish Strike

Technique #2

1. Live Hand
2. Step in
3. Raise you hand - Angle your elbow down and your fingers up
4. Reach in with other hand and grab palm side - as if you were clasping hand together
5. Shoot the elbow into mid section and then follow through to the face
6. Finish Strike

Technique #3

1. Live Hand
2. Step in
3. Angle your elbow up and your hand towards the floor
4. Reach in with other hand and grab the back of the hand.
5. Pull out violently - pulling away from you partner.
6. Finish Strike

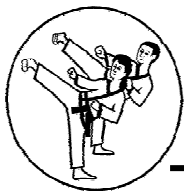
Defensive from same side wrist grab

Technique #11

1. Live Hand
2. Distraction Technique
3. Outside wrist control - Keep Thumb on inside
4. Capture with other hand
5. Push towards opponent make sure elbow is bent
6. Squeeze bone structure in the knuckle area of hand
7. Control wrist
8. Turn hand clockwise while at the same time turning the wrist counter clockwise.
9. Finish technique

Technique #12

1. Live Hand
2. Distraction Technique - Hand Strike works better for this technique
3. While pushing out with trapped hand
4. Reach over and grab over top of elbow and start to bend elbow
5. Come through with trapped hand and take to hammer lock
6. Place hand on elbow not shoulder for control.
7. Can be use as a takedown or a come along technique



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Technique #13

1. Live Hand
2. Distraction Technique
3. Bring trapped hand in front of you - pulling your opponent off balance
4. Reach under your own wrist and grab opponents' wrist.
5. This allows you to break away from the grab
6. Elbow strike to opponents face
7. Turn hips into opponent while bring arm down.
8. Strike opponent in the crook of the elbow
9. Reach in and through to hammer lock

Technique #14

1. Live Hand
2. Distraction
3. Bring Trapped hand in front of you - pulling opponent off balance
4. Reach over the top this time and grab opponents wrist
5. This allows you to break away
6. Turn you hip away from your opponent
7. Grab the edge of his hand with free hand - thumb up
8. Continue turning - bring hand over head
9. Can be use as take down or escort

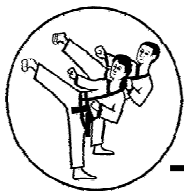
Technique #15

1. Live Hand
2. Distraction
3. Bring trapped hand up to outside
4. Insert your other hand - Thumb up - and grab opponents wrist
5. Breakaway from grab
6. Bring hand back and grab outside edge of opponents hand - your Thumb up
7. Push opponents elbow up
8. Step across and under - Into Center lock
9. Twist your hands towards opponents eyes

Self Defense Cross Hand Wrist Grab

Technique #7

1. Live Hand
2. Distraction Technique - Low Line Kick
3. Turn Hand up - Palm facing opponent
4. Reach in with other hand and grab wrist - thumb down
5. Break away towards thumb
6. Come back with knife hand strike or use palm
7. Complete outside wrist takedown
8. Drop one knee on neck the other knee on ribs
9. twist wrist into wrist lock



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Technique #8

1. Live Hand
2. Distraction Technique
3. Counter grab using outside grab
4. Do not grab with other hand
5. Insert opposite hand in and grab opponents wrist tight
6. Slide your hand down into opponents hand and grab the fingers
7. Torque hand up and into your opponent (getting them on their tip toes)
8. Spin to the inside and take opponent down
9. Step on opponents arm, continuing to place pressure down on the hand

Self Defense against Side Wrist Grab

Technique #1

1. Live Hand
2. Distraction Technique (Low Line Kick)
3. Bring hand into towards your center
4. Trap the hand - Over the top of the hand
5. Raise elbow up over opponents wrist/arm and push down

Technique #2

1. Live Hand
2. Distraction Technique (Low Line Kick)
3. Bring hand in towards your chest
4. Trap opponents hand from Under side
5. Bring Arm up and completely over opponents arm
6. Put pressure down on arm and wrist

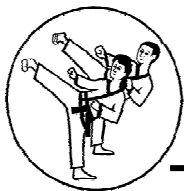
Defenses against the Punch

Technique #1

1. Redirect the punch
2. Armbar

Technique #2

1. Redirect the punch
2. Grab punching hand
3. Pull opponent in as you step in
4. Reach around opponents head
5. Strike side of the neck as you come around
6. Grab the Trachea Area with your reverse knifehand
7. Continue to Bar the punching arm against your body
8. Angle the head away



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Self Defense

Bear Hug Techniques

1. Front (over arms) - Knee to groin, Inside leg sweep
2. Front (over arms) - Knee to groin, Pivot in, Hip throw

Lapel Techniques

9. Front (2 hands) - Break one, Knifehand strike, Major outer Reap

Hair Pull Techniques

2. Rear (2 hands) - Step to rear, Forearm strike to ribs, Hip throw