

Purple Belt / Tae-Gae

Form Name: Tae-Gae (pronounced: Tway Gaye)
Tae-Gae was a scholar who worked to improve the education system in Korea

- 37 movements / 2 yells -

The verbal belt represents the rain cloud.
The student is persevering through the storm

Technique

1. Left inner forearm block -----
2. Rt. Reverse low palm heel strike ---
3. Tension high-low block -----
4. Right inner forearm block -----
5. Lt. Reverse low palm heel strike ---
6. Tension high-low block -----
7. Low X block -----
8. Twin high punch -----
9. Right front kick -----
10. Right middle punch -----
11. Left reverse middle punch -----
12. Tension balance move -----
13. R. Stomp/Twin inner forearm block
14. L. Stomp/Twin inner forearm block
15. L. Stomp/Twin inner forearm block
16. R. Stomp/Twin inner forearm block
17. L. Stomp/Twin inner forearm block
18. L. Stomp/Twin inner forearm block
19. Lt. Low double inner forearm block
20. Twin neck grab -----
21. Right knee strike (kihap) -----
22. Double Knifehand block -----
23. Left front kick -----
24. Left high Spearhand strike -----
25. Double Knifehand block -----
26. Right front kick -----
27. Right high Spearhand strike -----
28. Left low block and Right back fist -
29. Low X block -----
30. Rt. double inner forearm block ----
31. Low double Knifehand block -----
32. Right single inner forearm block ---
33. Low double Knifehand block -----
34. Left single inner forearm block ----
35. Right single inner forearm block ---
36. Left single inner forearm block ----
37. Right middle punch (kihap) -----

Stance

- Right Back
Left Front
Closed
Left Back
Right Front
Closed
Left Front
--
Right Front
--
Closed
Middle
Middle
Middle
Middle
Middle
Right Back
Left Front
--
Right Back
--
Left Front
Left Back
--
Right Front
Right Back
X Stance
Right Front
Right Back
Left Front
Left Back
Right Front
Left Front
Right Front
Middle

Ba-roh!

Right foot steps back to ready position

One Step / Self-Defense

1. **Attacker:** Bear hug (defender facing attacker)
Defender: Clap hands over attackers ears, left-hand grabs back of head or collar right hand pushes up under the chin, twist attackers had like around take attacker down to the floor, execute finishing technique.
2. **Attacker:** Bear hug (defender facing away)
Defender: Knuckle punch to the back of the hand, use thumbs to grab the forearms, pull arms apart and step away, execute a sidekick.
3. **Attacker:** While standing behind defender, grab both wrists.
Defender: Step back in under attackers arm, grab attacker's wrists, apply I figure-four lock with the arms, attackers should tap out.
4. **Attacker:** While facing the defender, right-hand grabs the defenders left shoulder.
Defender: Step and with the right foot, left-hand up to grab attacker's hand, right hand inner forearm strike to the neck, continue the motion with a takedown.

