

# 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  
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 head like around, take attacker down to the floor, execute finishing technique (kihap!).
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 (kihap!).
3. **Attacker:** While standing behind defender, grab both wrists.  
**Defender:** Step back and under attackers arm, grab attacker's wrists, apply a figure-four lock with the arms, attacker should tap out.
4. **Attacker:** While facing the defender, right-hand grabs the defenders left shoulder.  
**Defender:** Step in 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.

