

# 3RD GRADE PURPLE BELT

## TAE GAE

<u>TECHNIQUE</u>	<u>STANCE</u>
Closed ready position B	
1. Left inner forearm block	Right back
2. Right reverse low palm heel strike	Left front
3. Tension right outer- left low blocks	Closed
4. Right inner forearm block	Left back
5. Left reverse low palm heel strike	Right front
6. Tension left outer-right low blocks	Closed
7. Low X-block with fists	Left front
8. Twin high punches	
9. Right front kick	
10. Right middle punch	Right front
11. Left reverse middle punch	
12. Tension balance position & both fists on hips	One leg Closed
13. (Right straight kick) Twin inner forearm block	Middle
14. (Left straight kick) Twin inner forearm block	Middle
15. (Left straight kick) Twin inner forearm block	Middle
16. (Right straight kick) Twin inner forearm block	Middle
17. (Left straight kick) Twin inner forearm block	Middle
18. (Left straight kick) Twin inner forearm block	Middle
19. Double inner forearm low block	Right back
20. Twin neck grab	Left front
21. Right knee strike (kihap)	
22. Left double knifehand block	Right back
23. Left front kick	
24. Left high spearhand strike	Left front
25. Right double knifehand block	Left back
26. Right front kick	
27. Right high spearhand strike	Right front
28. Left low block-right backfist	Right back
29. Left low X-block with fists	X-stance
30. Right double inner forearm block <i>SAN-300</i>	Right front
31. Left double knifehand low block	Right back
32. Right reverse inner forearm block	Left front
33. Right double knifehand block	Left back