

TESTING CRITERIA

3rd GRADE PURPLE BELT

FORM

TAE - GAE

SELF-DEFENSE

4

NEW TECHNIQUES

Palmheel Strike	Twin Punch
Twin Head Grab	Knee Strike
Horizontal Spearhand	

SPARRING

2 - 3 TIMES

BOARD BREAKING

(All board breaking must be approved by the students instructor)

The student is required to attempt a hand technique with a single board.