

# Purple Belt Senior

## Pattern - - - Gyum-soan Chil Jang

	<b>English</b>	<b>Korean</b>
<b>Highest Techniques</b>	Rear Leg Crescent Kick Front Round Elbow Strike	Dwi Bal Bandal Chagee Up Dolyuh Pal-goop Cheegee
<b>Purple Belt Senior Pattern</b>	Open Hand Inward Block (body level), Front Leg Swing Kick (instep), Back Fist Strike, Rear Inward Punch, Rear Leg Swing Kick (ball of foot), Back Fist Strike, Rear Inward Punch, Front Vertical Round Punch, Dodge, Front Vertical Round Punch (defensive).	
<b>Defense Drill</b>	Movement: Free - Hands Down Bada chagi and counter attack	
<b>Speed Drill</b>	Step Forward, Front Punch, Front Punch, Dodge, Front Punch, Rear Punch, <b>Rear Leg Downward Kick.</b> Step back.	

### Word Find

Downward	Gyum Soan Chil
Reverse	Jang
Heel	Goom-chee
Palm	Pal-goop
Elbow	Jiruh-gee
Side	Ol-lyo
Swing	Chee-gee
Upward	Ban-dae
Round	Bandal
Diagonal	Nae-ria
Punch	Soan-baldak
Purple Belt	Dolyuh
Senior	An-uh-ro
Strike	Ah-rae
Upward	Bak-uh-ro
Crescent	Choi Kwang-Do



G	S	O	A	N	B	A	L	D	A	K	X	D
Y	P	U	N	C	H	R	I	S	S	S	J	I
U	P	U	R	P	L	E	B	E	L	T	I	A
M	D	O	O	M	Y	G	E	N	E	R	R	G
S	I	L	G	O	O	D	E	I	A	I	U	O
O	L	A	F	D	A	H	G	O	D	K	H	N
A	T	D	O	R	I	U	E	R	N	E	G	A
N	N	N	Y	A	R	Y	E	T	A	I	E	L
C	E	A	L	W	E	L	H	Y	B	K	E	R
H	C	B	L	P	A	O	C	U	H	E	E	L
I	S	R	O	U	N	D	P	E	A	R	H	A
L	E	W	O	B	L	E	O	R	H	U	N	A
J	R	S	I	D	E	O	R	H	U	K	A	B
A	C	C	H	O	I	K	W	A	N	G	D	O
N	R	E	V	E	R	S	E	G	N	I	W	S
G	D	O	W	N	W	A	R	D	M	L	A	P
G	O	O	M	C	H	E	E	S	T	R	O	N
K	I	D	P	A	L	G	O	O	P	B	V	C

# Purple Belt Senior

## Pattern - - - Gyum-soan Chil Jang

---

### Mix and Match

Match the English terms with the Korean terms.

Front Leg Downward Kick

Dwi Pal-goop Chee-gee

Rear Round Palm Strike

Up Soan-baldak Dolyuh Chee-gee

Rear Leg Heel Kick

Dwi Bal Bandal Chagee

Front Palm Strike

Dwi Bal Nae-ria Cha-gee

Rear Leg Crescent Kick

Up Dolyuh Pal-goop Cheegee

Rear Palm Strike

Dwi Soan-badak Dolyuh Chee-gee

Front Leg Crescent Kick

Up Bal Bandal Cha-gee

Front Round Elbow Strike

Dwi Soan-badak An-uh-ro Chee-gee

Rear Leg Downward Kick

Up Bal Nae-ria Cha-gee

Front Round Palm Strike

Up Bal Goom-chee Up Cha-gee

Rear Straight Elbow Strike

Up Soan-badak An-uh-ro Chee-gee

I promise to do my best and never give up!

# Pil Suhng!

