

CJR MARTIAL ARTS

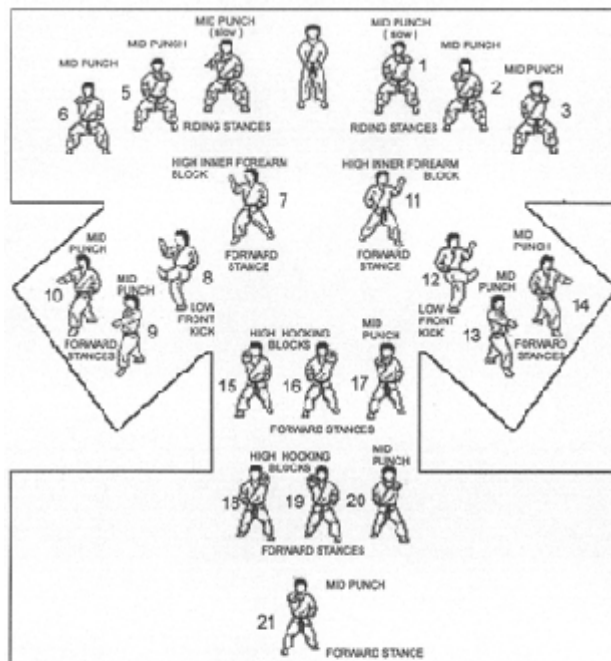
Purple Belt Curriculum

COMBINATIONS: (Black Stripes)

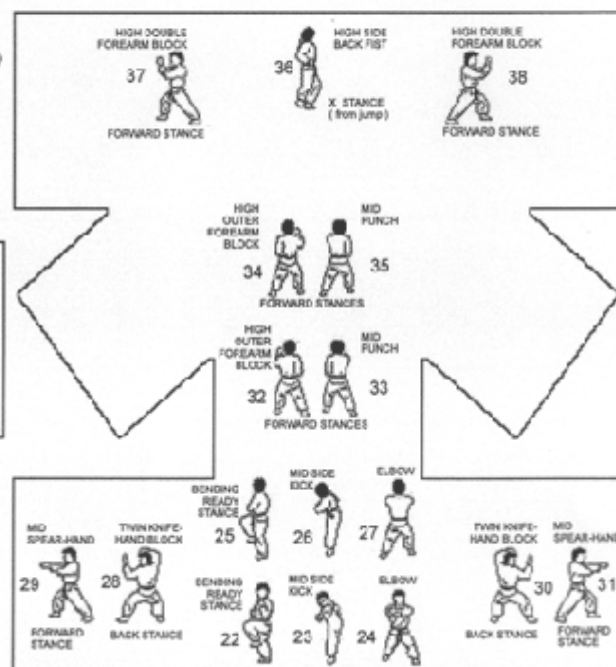
1. Front Punch, Back Punch, Step Through Reverse Side Kick, Back Punch
2. Back Punch, Step Through Reverse Side Kick, Step Behind Side Kick, Back Punch
3. Front Leg Hook Kick, Back Leg Round Kick, Reverse Side Kick, Back Punch
4. Front Leg Round Kick, Reverse Side Kick, Back Leg Round Kick, Back Ridge Hand

FORM: (Blue Stripes)

Yul-Guk



열극



YUL-GUK

The pen name of Yi I, a philosopher and scholar who was nick-named Confucius of Korea (38 movements)