B. Form - Second Stripe
1. In Wha 1, 44 moves
2. Free sparring (Must use own kicking techniques in sparring)
3. Martial art attitude

C. One-Step Sparring - Third Stripe
1. Break 1 station 1 board
2. Sparring segments #1, #2, #3
3. Self Defense Techniques - Optional

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Form Meaning
The name of your form is IN WHA which means: “An unbroken glory.”

Color Belt Philosophy
The philosophical interpretation of the Purple Belt is: “Coming to the mountain. The tree is in mid-growth and now the path becomes steep.” The student has crossed over into a higher level of Songahm Taekwondo. The techniques, forms, and level of sparring become more difficult, creating a “mountain” that must be overcome.

Form - Individual action
Speed will be developed only after you strengthen your muscles. A Ply-O-Metrics workout will be excellent for explosive and dynamic movements. Consult with your instructor on this matter. Relaxation is also a key to speed during motion. Don’t have tension all of the time. The only time you should tighten your muscles is right before reaching your target.

Segments break down: 5 - 4 - 5 - 4 - 7 - 6 - 7 - 6

In Wha IL Jahng (1) has 44 movements and its Ki-haps are on the 14th movement (right back elbow strike), the 24th movement (left punch), and the 34th movement (right side kick).

Board Breaking - Evidence of Power
Purple belts will break 1 station and only 1 board regardless of age or gender. Board sizes will be the same as prescribed in the Instructor manual.

Technique Requirements
1. Knifehand strike
2. Elbow Strike
3. Palm Heel Strike

Understanding distance is one of the important elements of sparring. The degree of perceived safety in this private space depends upon the method or type of threat. Each person also has an invisible safety zone … a private space.

Safe zone - foot distance
Danger zone - hand distance

From Master M.K. Lee
Vice-Chairman of Instruction, 7th Degree Black Belt

"Congratulations on your new purple belt. I know by this time you have already set your goal to be a Black Belt. The road to glory is long and hard. Sometimes it is difficult to continue, but put your trust in your instructor. Listen and follow directions, even if sometimes your instructor’s word does not appeal to you. Do this and you will succeed and you will be happy."

Sincerely in Taekwondo,
Senior Master M.K. Lee

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