

## Purple Segment

### Hints

Turn your head to face your next movement direction before moving the rest of your body. Remember to stay relaxed until the moment your technique makes "impact", then tighten your muscles!

Don't forget the PATTERNS that all the segments create. White, yellow, and orange create a CROSS. Green and Purple create a TRIANGLE which represents the Trinity.

1. Face right and change into a right back stance with a knife hand square block. Step forward with the left foot into left front stance and execute a right low block and a left knife hand strike.
2. Right foot slides to meet left foot. Left hook kick and land in left front stance with left knife hand high block and right vertical punch.
3. Right front kick /right roundhouse kick combo. Right foot steps down beside left foot. Turn counter clockwise and execute left knife hand followed by right punch. Step forward with right foot into right back stance, double punch (left high/right middle) and kiup!
4. Turn left 145 degrees. Right foot steps forward into a right cross stance followed by the left foot into a left back stance with a knife hand square block. Step forward into right front stance and execute a left low block and a right knife hand strike.
5. Left foot slides to meet right foot. Right hook kick and land in right front stance with right knife hand high block and left vertical punch.
6. Left front kick /left roundhouse kick combo. Left foot steps down beside right foot. Turn clockwise and execute right knife hand followed by left punch. Step forward into left back stance, double punch (right high/left middle) and kiup!