



THE ACADEMY OF MARTIAL ARTS

PURPLE BELT

SHIJIAN ZI-WEI BELT REQUIREMENTS

Fundamentals

STANCES

Base
Horse Stance
Fighting Stance

MANEUVERS

Push Drag

BLOCKS

Inward
Outward
Upward
Downward

STRIKES

Handsword
Palm Heel

KICKS

Front
Side
Back
Roundhouse

PUNCHES

Jab
Cross
Hook
Uppercut

Defend Against

- 1) Front Straight Kick – *Forearm Block Backfist*
- 2) Front Wrist Grab – *Crossing Talon*
- 3) Side Shoulder Grab – *Sword & Hammer*
- 4) Front Single Chest Grab – *Salutation*
- 5) Rear Two-Hand Choke – *Dancer*
- 6) Front Two Hand Push – *Parting Waves*
- 7) Side Headlock – *Locking Horns*
- 8) Street Fighter's Punch – *3 Fists*

Stunning / Offensive Aggressive Techniques

- 1) Forearm Shield
- 2) Basic Handtrap
- 3) Attacking the Circle



*Strength is important
Technique is essential
But character is paramount*

