



# PURPLE BELT

## BELT REQUIREMENTS

### Fundamentals

<u>STANCES</u>	<u>MANEUVERS</u>	<u>BLOCKS</u>	<u>KICKS</u>	<u>PUNCHES</u>	<u>STRIKES</u>
Front Twist	Drag Step	Pushdown	Thrusting Roundhouse	High Chopping Punch	Underhand Palm Heel
Read Twist	Front Crossover	Inward Parry	Thrusting Sweep	Low Chopping Punch	Thrusting Back Fist
One Leg	Rear Crossover	Outward Parry	Thigh Kick	Overhead (Palm Down)	Vertical Back Fist
		Horizontal Forearm			Tiger Claw
		Universal			

### Self-Defense

- 1) **Japanese Sword** - Single Chest Grab - Front
- 2) **Destructive Twins** - Two Hand Choke - Front
- 3) **Obscure Sword** - Shoulder Grab - Behind
- 4) **Gripping Talon** - Straight On Wrist Grab - Front
- 5) **Twirling Wings** - Two Hand Choke - Behind
- 6) **Serpent's Head (a,b,c)** - Bear Hug - Front
- 7) **Bear Crawl** - Bear Hug - Behind
- 8) **Scraping Hoof** - Full Nelson - Behind
- 9) **Shoulder Break** - Headlock - Side
- 10) **Locked Wing** - Shoulder Grab and Arm Lock - Behind
- 11) **Hooking Wings** - Two Hand Push - Front
- 12) **Repeating Mace** - Straight Push - Front
- 13) **Leaping Crane** - Straight Punch - Front
- 14) **Raining Claw** - Uppercut - Front
- 15) **Reversing Mace** - Straight Punch - Front
- 16) **Swinging Pendulum** - Roundhouse Kick - Front
- 17) **Defensive Cross** - Thrust Kick - Front
- 18) **Brick Wall** - Tackle - Front
- 19) **Seizing the Storm** - Overhead Club Attack - Front
- 20) **Smothering the Storm** - Overhead Club Attack - Front

### Purple Belt Freestyle



*"To hear is to doubt  
To see is to be deceived  
But to feel is to believe"*  
-Ed Parker

