

Purple Belt Requirements

Kicks

- ___ 1. Turn Side Thrust Knife Edge
- ___ 2. Replacement Front Snap
- ___ 3. Step Through Front Snap
- ___ 4. Shuffle Front Snap
- ___ 5. Re – Shuffle Front Thrust
- ___ 6. Re – Shuffle Front Foot Wheel
- ___ 7. Re – Shuffle Side Thrust
- ___ 8. Re – Step - Shuffle Side Thrust Heel
- ___ 9. Heel Hook
- ___ 10. Re – Shuffle Heel Hook
- ___ 11. Spin Rear Thrust
- ___ 12. Spin Side Thrust Knife Edge
- ___ 13. Front Snap to Heel Hook
- ___ 14. Side Thrust to Heel Hook
- ___ 15. Side Thrust to Wheel
- ___ 16. Side to Heel to Wheel
- ___ 17. Step Over Kick

Blocks

- ___ 1. Apple Pick
- ___ 2. Parry Block
- ___ 3. Trapping Block
- ___ 4. Windmill Block
- ___ 5. Wrist Hook Block
- ___ 6. X-Block High and Low
- ___ 7. 2 Backhand Blocks to 1 Back-Fist
- ___ 8. 2 Palm Blocks to 2 Strikes

Stances

- ___ 1. Hard bow with strike
- ___ 2. Extended Bow with strike
- ___ 3. Full Bow with strike
- ___ 4. Reverse Bow with strike
- ___ 5. Boxer Stance with strike
(lead, reverse, uppercuts, hooks)

Basics

- ___ 1. Basic and Advanced Fake
- ___ 2. Leg and Arm Check
- ___ 3. Ridge Hand
- ___ 4. Step Through Punch
- ___ 5. Retreating Hand
- ___ 6. Re / Step Through / Shuffle Hand
- ___ 7. Elbow Slam - Drop - Vertical –
Reverse and Inverted

Techniques

- ___ 1. Striking Mace
- ___ 2. Crossing Talon (ABC)
- ___ 3. Circling Elbows
- ___ 4. Locking Arms (AB)
- ___ 5. Windmill Guard (AB)
- ___ 6. Spiraling Wrist (AB)
- ___ 7. Crash of the Eagle II (A-I)
- ___ 8. Encircling Arms (ABCD)
- ___ 9. Rising Elbow
- ___ 10. Guarding the Wall
- ___ 11. Eagle Pin
- ___ 12. Striking Fang (AB)
- ___ 13. Shackle Break (ABC)
- ___ 14. Drawbridge (AB)
- ___ 15. Full Nelson
- ___ 16. Kung Fu Cross
- ___ 17. Divided Swords (AB)
- ___ 18. Gift
- ___ 19. Opening Cowl (AB)
- ___ 20. Slicing Dragon
- ___ 21. Ascending to Heaven ABC
- ___ 22. Raising the Sword
- ___ 23. Arm Hook (AB)
- ___ 24. Crossing the Sun (ABC)
- ___ 25. Attack From the Temple (AB)
- ___ 26. Kneeling Prayer (AB)
- ___ 27. Dart
- ___ 28. Covering Talon (AB)
- ___ 29. Wing Break (AB)
- ___ 30. U-Punch (AB)

Kata

- ___ 1. Long 1
- ___ 2. Short 2