

# Purple Belt Requirements

(Adolescents/Adults)

## Techniques

Twirling Wings  
Snapping Twig  
Leaping Crane  
Swinging Pendulum  
Crushing Hammer  
Captured Leaves  
Evading the Storm  
Charging Ram  
Parting Wings  
Thundering Hammer  
Squeezing the Peach  
Circling Wing  
Spiraling Twig  
Darting Mace  
Hooking Wings  
Sleeper  
Gift in Return  
Twin Kimono  
Obstructing the Storm

## Jui-Jitsu

Hand Throw  
Returning Saber  
Shooting the Moon  
Turning the Forces

## Kicks

Hatchet  
Axe  
Hook  
Ball  
Heel  
Reverse Scoop

Slice  
Spinning Back  
Jump Spinning Back  
Butterfly  
Eagle

## Pressure Points/Anatomy

All Pressure Points/Bones of the Face

## Forms

Short 2  
Dancing Sabers

## Blocks

Cross Block  
Open-Ended Triangle  
Heart Block  
Shoot the Moon  
Waiter Tray

## Stances

Snake  
Fighting Snake  
Panther  
Split  
Horse Meditation

## Strikes

Forearm Strike  
Thumb Strike  
Finger Whip  
Monkey Paw  
Falcon Claw  
Eye Rake  
Crane Strike  
Bucket Fist

## Fitness (daily)

20 Pushups  
20 Sit-ups  
15 Squats

## Meditation

Waterfall/Partner

## **Principles**

Line of Departure

Line of Sight

Point of Origin

Transitional Moves

Borrowed Force

Angle of Cancellation

Alphabet of Motion

Ideal/What if Phase

Economy of Motion

Target Areas

Minor Move

Major Move

Methods of Execution

Master Key Movement

Angle of No Return

*“Be empty; have no style of form for the opponent to work on” -Bruce Lee*

*“Maturity is the realization of what lies in our innermost selves” -Bruce Lee*

*“Neither the mind nor the body can act as a total unit without the others. The mind leads and the body follows.” -Ed Parker Sr.*

## **THERAPEUTIC PARALLELS/ASSIGNMENTS**

Assignment- Master Key movements or principles are ones that can be applied in many situations. An example of one of these movements in universal 3-count. As individual's we have our “go to” coping mechanisms that we turn to most often. One person may require a physical type of coping mechanism. Another may benefit more from an auditory or visual coping mechanism. Take some time to think of all the coping mechanisms you have learned that have benefited you the most. Complete the assignment on this topic and turn it in before or at your next test.

Assignment- The Angle of No Return refers to a position in which it would be awkward, difficult, or illogical to return to your starting position. Complete the assignment on this topic to be turned in before or at your next test.

Assignment - Transitional moves help you to smoothly go from one move to the other, in other words, to smoothly transition between changes. Change is a part of life. Complete the assignment on this topic to be turned in before or at your next test.