

Purple Belt Requirements

TECHNIQUES

Five Swords (*right hand step through punch*)
Darting Mace (*front two hand wrist grab on right wrist*)
Gift in Return (*front handshake*)
Obstructing the Storm (*front right hand step through overhead club*)
Sleeper (*right hand step through punch*)
Shooting the Moon (*overhead knife stab*)

STRIKES

Crane Strike
Half-Fist/Snake Head
Tiger Claw
Falcon Claw
Eye Rake
Eye Spear

ANATOMY

Bones of the Head

PRINCIPLES

3 Points of View
Angle of Departure
Angle of Cancellation
Wasted Motion
Height, Width, and Depth Zones
Target Areas
Tailoring
Contouring
Riding
Black/White Dot Focus
Broken Rhythm
Angle of No Return

SAYINGS

"Wasted inches are wasted time." –Ed Parker Sr.

"Knowledge is bound when one is compelled to tradition. Knowledge is endless when tradition is bound." - Ed Parker Sr.

"Knowledge grows with time, work, and dedicated effort. It cannot come by any other means." –Ed Parker Sr.

FORMS

Short 2

STANCES

Panther
Push Drag
Pull Drag
Split
Crossover Sweep
Horse Meditation

KICKS

Slice
Stomp
Heel
Ball
Spinning Back
Jump Spinning Back
Reverse Scoop
Butterfly

FITNESS (daily)

15 Push-ups
20 Sit-ups
15 Squats

MEDITATION

Partner/Waterfall

THERAPEUTIC PARALLELS/ASSIGNMENTS

Assignment – Black Dot Focus represents total or increased awareness. White Dot Focus represents limited or more concentrated awareness. Complete the assignment on these two types of focus to be turned 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- The 3 Points of View one should take in martial arts are one's own, one's opponent(s), and the observer's point of view. Being open minded to other points of view or perspective's is also important in life. Complete the assignment on this topic to be turned in before or at your next test.

