

PURPLE BELT REQ'S

FORMS:

- KATA 1

BLOCKING:

- OPEN HANDED 8 POINT BLOCKING AND COUNTER STRIKES

KEMPO TECHNIQUES:

- SPINNING DRAGON
- SPINNING DRAGON HIGH
- SPINNING DRAGON LOW

PUNCHES:

- LEOPARDS PAW
- INVERTED LEOPARDS PAW

KICKS:

- REVERSE CRESCENT KICK
- AXE KICK
- RISING FRONT KICK
- STOMP KICK
- SPINNING BACK KICK

KEMPO BAG DRILLS:

- SPINNING DRAGON