

PURPLE BELT REQUIREMENTS

Rank Videos password: _____

Kids 1st Stripe:

Strikes	Hook Punch, Side Elbow, Rear Elbow, Downward Elbow, Cross Shuto, Spearhand, Chicken Wrist
Kicks	Front Thrust, Side Thrust, Outward Crescent
Blocks	8-Point Knife-Hand Blocks, #1 and #2 Hammer Block
Footwork	Shuffle

Kids 2nd Stripe:

Shaolin Combinations	# 6, 7, 3, 2, 5, 18
Kempo Techniques	White, Yellow, and Orange Belt Kempo

Kids 3rd Stripe:

Stances	Cat Stance
Kata (Forms)	Pinan 1, Pinan 2 , Kata 1 (<i>Kata 1 for ages 9 and up only</i>)
Kata Skills	<i>Level 1:</i> Stances, Proper Range of Motion, Targeting, Clean Chambers, Posture
Know	The 4 minor angles of the clock
Other Skills	Have Sparring experience (<i>basic Sparring Gear required</i>)