

PURPLE BELT MATERIAL

Rank Videos password: _____

Kids 1st Stripe:

Strikes	Tiger's Claw, Tiger's Rake, Ridgehand, Downward Shuto
Kicks	Roundhouse Kick, Spinning Back Kick, Cross Behind Side Kick, Spinning Side Kick
Blocks	Wing Block, #1 & #2 Ridgehand Block
Kicks of the 4 Tides	Set 1 & 2 (both sides)
Footwork	Chinese Catwalk
Skills	Chain Punching with Half Mooning

Kids 2nd Stripe:

Shaolin Combinations	# 6, 7, 3, 2, 5, 18, 4, 8, 9, 12
Kempo Techniques	White, Yellow, Orange, and Purple Belt Kempo
Bully Techniques	Push Defense
Grab Defense Techniques	Single Wrist Grab (same side and cross)
Club Techniques	Side #1
Kick Defense Techniques	Deflecting Hammer

Kids 3rd Stripe:

Stances	Twist Stance
Kata (Forms)	Pinan 1, Kata 1, Kata 2
Kata Skills	<i>Level 1:</i> Stances, Proper Range of Motion, Targeting, Clean Chambers, Posture <i>Level 2:</i> Transitions, Timing, Sentencing