

# PURPLE BELT REQUIREMENTS

Teen and Adults

Student must have a minimum of 100 classes

- Protocol
  - Understanding the meaning of bowing procedures.
  - Understand how to tie a belt properly.
  - Students must demonstrate respect, honor, and discipline for others at all times.
- Terminology
  - Domo - Thank you
  - Sensei - Teacher/Instructor
  - Kiba dachi - Horse Stance
  - Fudo dachi - Attention/Ready Stance
  - Seiken zuke - Straight Punch
  - Mae geri - Front Kick
  - Yoko geri - Side Kick
  - Rikken uchi - Back Fist
  - Seiken age uke - Rising Block
  - Seiken gedan barai - Low Sweeping Block
  - Mawashi empi uchi - Round House Elbow
  - Zenkutsu dachi - Front Stance
  - Neko ashi dachi - Cat Stance
  - Keeage - Snap
  - Kekomi - Thrust
  - Migi - Right
  - Hidari - Left
  - Seiken oi tsuke - Straight Punch advancing
  - Shuto Uke - Knife Hand Block
  - Mawashi geri - Round Kick
  - Ushiro mawash geri - Hook Kick
  - Kokutsu dachi - Back Stance
- Warm-up

20 Minute run  
10 Minutes to stretch  
Controlled breathing out of kiba dachi.

- Basics - Basics will be demonstrated while advancing and retreating in stance. Also 3/7, 7/3.

#### Stances

Ready/Attention Stance  
Horse Stance  
Front Stance  
Cat Stance  
Back Stance

#### Strikes

Straight Punch	Palm Heel
Back Fist	Elbow to the Rear
Tiger Claw	Elbow to the Side
Round House Elbow	Knife Hand
Rising Elbow	Ridge Hand
Back Hand	Fore Knuckle Punch
Spear Hand	

Blocks - All blocks may be executed against a blocker.

Rising Block	Outside Forearm Block
Low Sweeping Block	Hand Clap Block
Inside Forearm Block	Press Block
Knife Hand Block	

#### Kicks

Front Kick	Side Kick
Round House Kick	Hook Kick
Jump Front Kick	Inside Crescent Kick
Spin Kick	Outside Crescent Kick
Axe Kick	

#### Weapons

Nunchaku Basics

- Kata  
Katsu - Energy

Chisai Tatsu - Little Dragon

Me No Taiyo - Eyes of the Sun

Mizu No Kokoro - Still Pond - 1<sup>st</sup> and 2<sup>nd</sup> sets

Student must be able to perform continuously without help.

- Self-Defense

- Double Wrist Grab

- Set 1 - Clap hands, front snap kick

- Set 2 - Circle hands out, grab wrist, press elbow, take down on  
1 knee

- Set 3 - Clap hands, reverse grip, control attacker

- Set 4 - Strike, grab partners hand, spin and control attacker

- Double Lapel Grab

- Set 1 - Circle hands out, kneel down

- Set 2 - Hand between, circle out, elbow

- Set 3 - Strike and circle out, grab wrist, take down

- Bear Hug From Behind

- Set 1 - Stomp, kick, elbow, elbow, kneel and twist, leg lock,  
arm and face, elbow lock

- Set 2 - Strike, grab partners leg, pull up and sit

- Advancing Straight Punch Right and Left

- Set 1 - 3/7 Outside forearm block, grab, side kick to knee

- Set 2 - 7/3 Outside forearm block, grab, round house kick

- Also 2 bonus sets

- Round House Punch

- Set 1 - Outside forearm block, shift, palm heel, front kick

- Set 2 - Outside forearm block, strike, take down

- Set 3 - Double knife hand block, back hand, knee, wind mill

- Set 4 - Block, strike, control

- Round House Club

- Set 1 - Double knife hand block, strike, take club

- Multiple Attackers

- Set 1 - One attacker on each side, side kick, back fist one,  
follow up with each

Set 2 - One attacker front and back ( bear hug), stomp heel kick,  
elbow, elbow, kneel and roll into front  
person, any technique to person in  
front, follow up on each  
Set 3 - One attacker side and front, side kick to knee, front kick  
front person, follow up on each

### Pressure Points

Finger under nose, press head, lift  
Fingers beneath the hollow of the ears, press and lift  
Fingers beneath jaw near the throat, press and lift  
Finger in hollow of the cheek, other hand on opposite side of  
face, press and lift

Note: Be prepared for surprises.

- Breaking -

#### Breaks may include

Stomp Kick	Palm Heel Strike
Side Kick	Back Kick
Round House Elbow	

#### Breaking Materials:

White pine #2 or #1, soft wood if you can choose.

Teens - dimensions 1" x 12" x (6" or 8") see instructor - **Must**  
**be cut cross grain** - 8 pieces

Adults - dimensions 1" x 12" x (8" or 10") see instructor - **Must**  
**be cut cross grain** - 8 pieces

Cinder blocks - 2" x 8" x 16" capping blocks - 4 pieces

Thickness of board - 3/4"

Width of board - 11 3/4"

Length of board - 6', 8', 10', 12'

**Cuts must be made cross grain.**

### Materials Needed:

**12 Boards**

**4 Pieces Cinder Capping Blocks**

- Kumite Sets

Front hand low, Back hand high

Set 1 - Block back fist

Set 2 - Block round house kick, squeeze elbow to elbow

Set 3 - Switch hand blocks

Set 4 - Block back fist, block round house kick, back fist,  
reverse punch

Set 5 - Block back fist, block round house kick, low round, high  
round

24 1 minute rounds with a work round in between every  
round.

1 3 minute round with a black belt.