

# PURPLE BELT REQUIREMENTS

Children

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

Instructor will use his/her discretion with number totals or time length of warm-up depending on age and ability.

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

Back Fist

Tiger Claw

Round House Elbow

Rising Elbow

Back Hand

Spear Hand

Palm Heel

Elbow to the Rear

Elbow to the Side

Knife Hand

Ridge Hand

Fore Knuckle Punch

Blocks - All blocks may be executed against a blocker.

Rising Block

Low Sweeping Block

Inside Forearm Block

Knife Hand Block

Outside Forearm Block

Hand Clap Block

Press Block

### Kicks

Front Kick

Round House Kick

Jump Front Kick

Spin Kick

Axe Kick

Side Kick

Hook Kick

Inside Crescent Kick

Outside Crescent 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

Self- Defense against a child

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

arm Set 1 - Stomp, kick, elbow, elbow, kneel and twist, leg lock,  
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 follow up on each

front,

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

Self-Defense against an adult

### Single Wrist Grab

Set 1 - Side kick to knee, tiger claw, front kick to groin, run and yell for help

Set 2 - Front kick to groin, tiger claw, run and yell for help

### Bear Hug From Behind

Set 1 - Kick to groin, elbow, elbow, tiger claw, front kick to groin, run and yell for help

Note: Be prepared for surprises.

- Breaking - 8 boards

### 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.

Child ages 7-9 - dimensions 1" x 12" x 4" - **Must be cut cross grain**

Child ages 10-12 - dimensions 1" x 12" x 5" - **Must be cut cross grain**

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:**

8 Boards

• 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.