

Blue to Purple Belt Requirements

BLOCKS

1. Knifehand Guarding
2. Arc Hand Block
3. Double Forearm Block
4. Double Grasping Block

WORKBOOK #

- p. 38, #10
- p. 39, #15
- p. 40, #19
- p. 39, #16

TRAINING TOOL

- Blocker
- Blocker
- Two Blockers
- Blocker

STRIKES

1. Spearhand
2. Ridgehand
3. Downward Elbow
4. Side Backfist

WORKBOOK #

- p. 54, #25, #26, #27
- p. 58, #43
- p. 60, #52
- p. 51, #15

TRAINING TOOL

- Focus Pad
- Focus Pad
- Large Body Shield
- Focus Pad

KICKS

1. Jump Roundhouse
2. Low/High Roundhouse
3. Step In Front Roundhouse
4. Step Behind Side Kick

WORKBOOK #

- p. 70, #8
- See Sensei
- See Sensei
- p. 70, #5

TRAINING TOOL

- Large Body Shield
- 2 Double Focus Pads
- Large Body Shield
- Large Body Shield

STANCES

1. Open Toe
2. Wide Open Toe
3. Pigeon Toe
4. L-Stance

WORKBOOK #

- p. 28, #4
- p. 29, #5
- p. 29, #6
- p. 29, #7

TRAINING TOOL

- Workbook
- Workbook
- Workbook
- Workbook

SELF-DEFENSE

1. Single Hand Grab
2. Double Hand Grab
3. Side Headlock
4. Single Hand Front Choke
5. Two Hands/One Arm Grab
6. Lapel Grab

WORKBOOK #

1. Inward Wrist Lock, Kick Leg, Kick Face
2. Bring Hands Up, then down, rising knee kick, side kick, twist, elbow strike to head
3. Hit upper body and lower body, kicking out leg at same time, finishing strike
4. Knucklefist strike to elbow pit, grab hand, elbow strike to face, grab behind elbow, turning elbow strike
5. Elbow strike, knucklefist strike, grab hand and pull into rising elbow, side kick
6. Wedging block, dual neck knifehand strikes, rising knee kick

TRAINING TOOL

- Practice
- Practice
- Practice
- Practice
- Practice
- Practice

Blue to Purple Belt Requirements

KATA

1. Kumo E Dan

WORKBOOK

Handout

TRAINING TOOL

Practice

ONE STEPS

4. **V. Middle Punch:** Dragon Catches the Ball, Dragon Goes into the Water, Rising Knee on the way down

WORKBOOK

See Sensei

TRAINING TOOL

Practice

5. **V. Roundhouse Kick:** Step in grab at behind ankle, lift up stepping in and outside, dropkick to chin

See Sensei

Practice

6. **V. Downward Hammerfist:** Rising Block, grab at wrist, come under with other hand pulling elbow upward and backwards

See Sensei

Practice

7. **V. Spinning Back Kick:** low palm, elbow, back fist, high palm

See Sensei

Practice

8. **V. Elbow Strike to Head:** Duck with rising block, upset punch, reverse knife hand strike to neck, head grab to roundhouse knee kick

See Sensei

Practice

9. **V. Axe Kick:** High X Knife Hand Block, Step Behind Pulling Leg up and back, taking opponent to ground, Low Side Kick

See Sensei

Practice

PERSONAL REQUIREMENTS

WORKBOOK

TRAINING TOOL

1. Step

See Sensei

Practice

2. Turn

See Sensei

Practice

3. Touch Turn Go

See Sensei

Practice

4. Step Behind Untwist

See Sensei

Practice

Notes:
