

# Purple Belt Requirements

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## Basics

- Shield block
- Smothers
- Parries
- Inward crescent kick
- Outward crescent kick
- Spinning rear kick
- Side kick
- Triple kick to the front
- Scoop kick
- Knife-edge thrust kick
- Lunge kick
- Side kick
- Chicken wheel kick
- Inward downward block
- Inverted downward block
- Windshield wiper block
- Wheel kick (plant back)
- Inward crescent, rear kick combination (same side)
- Inward crescent, spinning rear kick combination (opposite sides)

# Purple Belt Read-React Skills

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## Attack-Defense Correspondence

### Technique

Evading the Samurai

Twisting the Jaws

### Alternate Attack

Overhand club attack, either hand

Backhand club attack, right hand

Handshake

## Multiple-Choice Response

### Group One

Sharpening the Blade A or B

Hidden Sword A

Entering the Shrine

Grasping Honor B

Flapping Wing A or B

Twisting the Jaws

Arrows from the Sky

Hand of the Dragon

### Group Two

Capturing Paws

Escape of the Lamb A

Twisted Wing A

Releasing the Vice A & C

Releasing the Vice B

Descending Arrow A

Tangled Wings A

Wounded Paws

### Group Three

Striking Key

Chopping Bamboo A

## Technique Chaining

- Group Two followed by Group One (one attacker)
- Group One followed by Group Two (two attackers)

# Purple Belt Techniques

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## 1. Ram's Head – Right punch

### Tori

- Step forward with the left foot into a low rear horse with a left upward block.
- Turn into a kneel stance and right inward elbow to the floating ribs.
- Return to a right rear horse with a left inward elbow.
- Simultaneous left vertical outward block and right half fist to the throat.
- Cover out.

### Uke

- From a right rear horse, step forward and take a right punch to the face.
- Bend your knees slightly with the strikes.
- Keep your teeth closed or wear a mouth guard.
- Grab your throat and crumple.

## 2. The Shield – Right punch

### Tori

- Step forward and to the left into a right rear horse as you do a right shield block, continuing the motion into a right ridge hand to the groin.
- Take a left claw to the face with the thumb down and elbow out to push the attacker back and keep the attacker's arm out of the way.
- Shuffle forward with a right elbow smash to the solar plexus or face.
- Cover out.

### Uke

- From a right rear horse, step forward and take a right punch to the face.
- Bend the knees slightly with the strike.
- Let your face move with the claw.
- Bend knees.
- Crumple.

## 3. The Servant – Right punch from the right side

### Tori

- As you see the punch starting, turn towards the attacker and step right with your right foot as you perform a windshield wiper block.
- Pull the attacker's arm down toward your right hip with the back of your right hand.
- Follow immediately with a right palm to the chin.
- Cover out.

### Uke

- From a right rear horse, step forward and take a right punch to the face.
- Keep your teeth closed or wear a mouth guard.
- Crumple.

#### **4. Crouching Cat – Left punch from the right side**

##### **Tori**

- Step to your left with a right extended outward chopping block as you draw into a right cat stance facing your attacker.
- Right snap kick to the groin or knee and plant forward with a four-fingered eye strike.
- Grab the attacker's left shoulder with your right hand and pull towards you as you strike the throat with a left palm-up finger thrust, moving to a short left bow stance.
- Cover out.

##### **Uke**

- From a left rear horse, step forward and take a left punch to the face.
- Leave the groin open as a target. Turn your head to the right so your eyes and throat are protected.
- Grab your throat.
- Crumple.

#### **5. Lifting the Chopsticks, A variation – Downward club attack**

##### **Tori**

- Step forward and to the left with your left foot to avoid the club and chopsticks block at the attacker's wrist with your right hand on top. Grab the attacker's right wrist with your right hand.
- Apply and maintain pressure to the back of the attacker's right elbow with your left forearm as you step in front and bend the attacker over.
- Move your left hand across and past your right shoulder and follow with a left elbow to the attacker's right temple.
- Raise your left arm high and drive the elbow down into the upper spine or back of the neck.
- Control weapon and cover out.

##### **Uke**

- From a right rear horse, step forward and swing the club downward at the tori's head.
- Keep your elbow slightly bent to prevent hyper-extension.
- Look to the left to keep your temple and face safe from the elbow.
- Crumple.

## **Lifting the Chopsticks, B variation – Downward club attack**

### **Tori**

- Step forward and to the left with your left to avoid the club and chopsticks block at the attacker's wrist with your right hand on top. Grab the attacker's right wrist with your right hand.
- Apply and maintain pressure to the back of the attacker's elbow with your left forearm in inward-block position as you bring the arm to your chest.
- Step into a right hidden foot. As you pivot into a horse, the pressure on the attacker's arm will cause them to swing around.
- Right wheel kick to the body.
- Control the club and cover out.

### **Uke**

- From a right rear horse, step forward and swing the club downward at the tori's head.
- Keep your elbow slightly bent to prevent hyper-extension.
- Move with the pressure on your elbow.
- Keep your hands out of the way of the kick.
- Crumple.

## **6. Slaying the Dragon, A variation – Right punch**

### **Tori**

- Step back with the right into a rear horse as you parry the punch past your right shoulder with both hands (right thumb pointing down and left thumb pointing up).
- Drive your right knee into the attacker's body as you raise your fists high and take double hammer fists to the spine/kidney and neck/base of skull.
- Cover out.

### **Uke**

- From a right rear horse, step forward and take a right punch to the face.
- Keep your hands out of the way of the kick.
- Crumple.

## **7. Sacred Chopsticks – Right kick while kneeling**

### **Tori**

- Block the kick using a chopsticks block with your right hand over the left. Grab the heel with your right hand and grab the ball/toes of the foot with your left hand.
- Twist the foot clockwise to the right of your knee and continue to hold on to the foot as you stand up.
- Left snap kick to the groin from behind. Plant forward and double palm strike to the kidneys.
- Right heel stomp to the attacker's spine.
- Cover out.

### **Uke**

- From a right rear horse, take a right football-style kick to the body and plant forward.
- Fall forward on your forearms (do not land on wrists).
- Keep your leg up to provide an opening for the kick.
- Pull shoulder blades together to protect the spine.
- Remain on the ground.

## 8. Sacred Spike – Right knee while kneeling

### Tori

- From a right inward block position, block the knee to the left and down.
- Strike to the groin with the back of the right elbow.
- Stand up and cover out.

### Uke

- From a right rear horse, step forward with a right knee to the chest.
- Keep your hands away from the strike.
- Crumple.

## 9. Sacred Sacrifice – Right kick while kneeling

### Tori

- Take a right palm-in downward block as you turn your body to the left.
- Right hammer fist to the groin.
- Turn away and drop to your forearms.
- Right rear kick to the attacker's midsection.
- Stand up and cover out.

### Uke

- From a right rear horse, take a right football-style kick to the body and plant forward.
- Bend your knees slightly with the strike.
- Keep your hands out of the way of the kick.
- Crumple.

## 10. Cocking the Bow – Left punch

### Tori

- Step back with the left foot into a rear horse with a right upward block.
- Shift into a forward bow with a left palm thrust to the chin.
- Right speed chop to the throat as you shift into a reverse bow.
- Cover out by cross-stepping with the right foot.

### Uke

- From a left rear horse, step forward and take a left punch to the face.
- Keep your teeth closed or wear a mouth guard.
- Keep your hands out of the way of the strikes.
- Crumple.

## 11. Eagle's Grasp – Right shoulder grab from the right side

### Tori

- Pin the attacker's hand with your left as you step slightly forward with your left foot. Right speed chop to the attacker's throat.
- Circle your right arm clockwise over the attacker's arm. Step back with a left hidden foot, continuing the motion of your arm into an inverted punch position, pivoting your hips to dislocate the shoulder.
- Drop your right arm and circle it counter-clockwise for a glancing back knuckle strike through the base of the skull, as you step forward with your left foot.
- Finish with a right speed chop to the throat.
- Cover out.

### Uke

- Standing to the right of the tori and facing them slightly, grab the right shoulder with your left hand.
- Keep your elbow bent and go with the motion, to protect your elbow and shoulder.
- Let your head fall forward so the strike glances over your head.
- Turn your head away from the chop.
- Grab your throat and crumple.

## 12. Fluttering Leaves – Two-handed push

### Tori

- Step back with the right foot into a rear horse with double extended outward chopping blocks.
- Right palm-up chop to the lower left ribs, followed by a left speed chop to the throat.
- Right finger thrust to the solar plexus, followed by a left chop to the groin.
- Cover out.

### Uke

- From a right rear horse, step forward and push both shoulders.
- Keep your arms out of the way of the strikes.
- Bend your knees with the groin strike.
- Crumple.

## 13. Twisted Wing, B variation – Right arm lock from behind

### Tori

- Cross step with the left foot followed by a right hammer fist to the groin, breaking the grip.
- Pivot and left punch to the attacker's face or body.
- Cover out.

### Uke

- Grab the tori's right hand with your right and lock it behind the tori's back with your right palm facing down.
- Keep arms out of the way of the strike.
- Crumple.

## **Twisted Wing, C variation – Right arm lock from behind**

### **Tori**

- Step back with the left foot and left elbow to the attacker's head. Counter grab attacker's right wrist with your right hand.
- Left cross-step forward, pivot right, and step back with the right foot as you keep control of the attacker's wrist.
- Chicken-kick to the body.
- Cover out.

### **Uke**

- Grab the tori's right hand with your right and lock it behind the tori's back with your right palm facing up. Left hand can check left shoulder.
- Go with the pull.
- Keep hands out of the way of the kick.
- Crumple.

## **Twisted Wing, D variation – Right arm lock from behind, pushing forward**

### **Tori**

- Counter grab the attacker's right wrist with your right hand as you step forward with your right foot.
- Left elbow strike to face, continuing over arm counter-clockwise to an inverted punch position, locking the elbow.
- Keeping pressure on the elbow, step back to a right hidden foot. Pivot to a horse swinging the attacker around.
- Follow with a right knee to the body.
- Cover out.

### **Uke**

- Grab the tori's right hand with your right and lock it behind the tori's back with your right palm facing up. Place left hand on tori's shoulder and push tori forward with both hands.
- Keep body upright and elbow bent.
- Go with the pressure.
- Keep hands out of the way of the strike.
- Crumple.

## **Twisted Wing, E variation – Right arm lock from behind**

### **Tori**

- Counter grab the attacker's left wrist with your right hand as you step forward with your right foot.
- Left elbow strike into the attacker's elbow.
- Left hammer fist to groin.
- Cover out.

### **Uke**

- Grab the tori's right hand with your left and lock it behind the tori's back with your left palm facing down.
- Keep your elbow bent.
- Keep hands out of the way of the strike.
- Crumple.



## 14. Flapping Wing, C variation – Two-handed lapel grab

### Tori

- Pin the attacker's hands to your chest with your left hand. As you step back with your left foot, your right hand comes over attacker's hands with a four-finger eye strike.
- Right forearm smother block sharply into both of attacker's forearms to drive them down. Follow with a right speed chop to the throat.
- Cover out.

### Uke

- Facing the tori, step forward with your right foot and grab the upper lapels with both hands, arms bent.
- Turn head slightly away for the eye strike.
- Grab throat.
- Crumple.

## Flapping Wing, D variation – Two-handed lapel grab

### Tori

- Pin the attacker's hands to your chest with your left hand. As you step back with your left foot, cock your right arm in inward block position.
- Right raking back-knuckle across the attacker's nose and return with a back knuckle to face or the temple (figure 8 pattern).
- Right forearm smother block to drive the arms down. Follow with a right speed chop to the throat.
- Cover out.

### Uke

- Facing the tori, step forward with your right foot and grab the upper lapels with both hands, arms bent.
- Turn head slightly with the strikes.
- Grab throat.

## Flapping Wing, E variation – Two-handed lapel grab

### Tori

- Pin the attacker's hands to your chest with your left hand as you step back with the left foot into a rear horse. Bring your right arm up as if to do an upward block and strike the elbows from below.
- Right key strike to the solar plexus.
- Left hidden foot as your left hand clears the attacker's arms down and to your left.
- Pivot to a horse with a right horizontal elbow strike to the kidney
- Cover out.

### Uke

- Facing the tori, step forward with your right foot and grab the upper lapels with both hands, arms bent.
- Keep arms out of the way of the strikes.
- Crumple.

## 15. Descending Arrow, C variation – Right shoulder grab from behind

### Tori

- With your left foot, cross step to the right and chamber both fists at your left hip.
- As you pivot right into a left rear horse to face your attacker, raise the right elbow high and drive it down to clear the attacker's arm.
- Right elbow strike upward to the chin.
- Right downward claw to the face.
- Cover out.

### Uke

- From behind, grab the tori's right shoulder with your right hand, keeping the elbow bent.
- Let go of the shoulder.
- Keep teeth closed.
- Grab face.
- Crumple.

## Descending Arrow, D variation – Right shoulder grab from behind

### Tori

- With your left foot, cross step to the right and chamber both fists at your left hip.
- As you pivot right into a left rear horse to face your attacker, raise the right elbow high and drive it down, attempting to clear the attacker's arm.
- Drop to a kneel stance with a right hammer fist to the groin.
- Right rear kick to the midsection.
- Cover out.

### Uke

- From behind, grab the tori's right shoulder with your right hand, keeping the elbow bent.
- Keep your grip on the shoulder
- Keep hands out of the way of the strikes.
- Crumple.

## Descending Arrow, E variation – Right shoulder grab from behind

### Tori

- With your left foot, cross step to the right and chamber both fists at your left hip.
- As you pivot right into a left rear horse to face your attacker, raise the right elbow high and drive it down to clear the attacker's arm.
- Right glancing elbow strike to the left temple with return elbow spike to the face.
- Cover out.

### Uke

- From behind, grab the tori's right shoulder with your right hand, keeping the elbow bent.
- Let go of the shoulder.
- Keep head turned for the strikes.
- Grab face.

## 16. Clinging Vines – Two person attack from the sides

### Tori

- Face the attacker on your right as you step back into a right hidden foot, pulling with your right arm to a chambered position and punching toward the other attacker with your left hand.
- Right knife-edge kick to the knee of the attacker on your right. Recoil and cross-step.
- With your left foot, sweep the ankle of the attacker on your left, followed by a left knife edge kick to the knee.
- Cover out.

### Uke

- Right attacker grabs the right wrist with their left hand. Left attacker grabs the left wrist with their right hand.
- Keep knee bent.
- Bend knees with the kicks.
- Crumple.

## 17. Broken Honor, B Variation – Handshake followed by punch

### Tori

- Step forward with the left as you slap and counter grab the attacker's right hand with your left, swinging the hands high into the air to block the punch.
- Left elbow to the attacker's armpit, maintaining control of the attacker's hand with your right hand. Re-grab the right hand with your left and let go with the right.
- Right elbow to the attacker's armpit.
- Step forward with your right foot under the attacker's arm.
- Step back with the left into a hidden foot and pivot into a left rear horse facing the attacker. Break the right arm at the elbow with your right forearm.
- Cover out.

### Uke

- From a right rear horse, step forward and shake hands with the right. Follow with a left punch to the face.
- Bend elbow slightly.
- Keep elbow bent.
- Crumple.

## 18. Ox Cart, A Variation – Two-handed choke/grab from the rear

### Tori

- Step off to the left as you grab onto the attacker's hands with both of yours. Right hidden foot and pivot right into a rear horse while ducking your head and maintaining control of the attacker's hands. The attacker's arms will be crossed with the left arm on top.
- Right snap kick to the attacker's left knee or ribs and plant forward. Break the attacker's left arm at the elbow by straightening and pulling the left arm toward you as you push the right arm up against it.
- Drop the arms and right elbow spike into the solar plexus or ribs, followed by a right hammer fist to the groin.
- Cover out.

### Uke

- From behind, step forward with the right foot and grab the neck or shoulders with both hands.
- Keep left elbow bent.
- Keep hands out of the way of the strikes.
- Crumple.

## 19. Seven Gifts from the Earth

1. Front fall
2. Rear fall
3. Side fall
4. Flip-flop
5. Running in circle
6. Forward shoulder roll
7. Backward shoulder roll

# Supplemental Purple Belt Techniques

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## 20. Broken Hour Glass – Right shoulder grab

### Tori

- Pin attacker's hand with your right as you step forward with your left foot. Strike with a left inward block into the attacker's right elbow.
- Step in front of the attacker's left foot with your left foot and apply pressure with your left arm to bend the attacker over.
- Left elbow spike to the temple. Raise your left arm high and drive the elbow into the attacker's spine or neck.
- Cover out.

### Uke

- Step forward right and grab across the body to the right shoulder with your right hand, arm straight.
- Keep elbow bent.
- Turn away to protect the temple from the strike.
- Crumple.

## 21. Evading the Samurai, B variation – Right punch

### Tori

- Step to your left evading the punch with a right extended outward chopping block. Cover your face with your left hand.
- Grab the attacker's wrist with your right hand and pull them off balance.
- Right snap kick to the attacker's ribs, right knife edge to the right knee, and right rear kick to the body.
- Cover out.

### Uke

- From a right rear horse, step forward and take a right punch to the face.
- Keep hands out of the way.
- Crumple.

## 22. Hidden Key, A variation – Two-handed lapel grab

### Tori

- Step forward right and pin the attacker's hands with your left hand.
- Right key strike to the attacker's solar plexus.
- Let go of the hands and simultaneous right scoop kick to the attacker's groin and left chop to the throat.
- Right knife edge thrust kick to the left knee.
- Cover out.

### Uke

- Facing the tori, step forward with your right foot and grab the upper lapels with both hands, arms bent.
- Keep arms out of the way of the strikes.
- Turn and bend knee.
- Crumple.

## Hidden Key, B variation – Two-handed lapel grab

### Tori

- Step forward with your right foot and pin the attacker's hands with your left hand.
- Right key strike to the attacker's solar plexus.
- Drop your right hand to your right hip and circle upward to drive your right elbow between the attacker's arms and break the grip.
- Right upward elbow to the attacker's chin and follow with a right downward claw to the face.
- Cover out.

### Uke

- Facing the tori, step forward with your right foot and grab the upper lapels with both hands, arms bent.
- Grab face.

## 23. Key to the Sword – Right shoulder grab from the right side

### Tori

- As you pin the attacker's hand to your shoulder with your left, step left to straighten the arm.
- Right key strike (palm facing you) to the upper arm.
- Drive right key (Kenpo punch position) into the armpit.
- Drop your right arm to your right hip and circle it counter-clockwise to drive right elbow in front of attacker's right arm to break the grip.
- Right speed chop to the throat.
- Cover out.

### Uke

- Approach from the right side and grab shoulder with your left hand.
- Release your grip.
- Turn head away to protect throat.
- Crumple.

## 24. Snapping the Limb – Left punch

### Tori

- Step back with your left foot as you parry and grab the attacker's left hand with your left and direct it past your left side.
- Right palm strike (palm facing you) to attacker's left elbow, sliding off and through to your left side.
- Right glancing back knuckle to the right side of the head or nose.
- Shuffle forward with a right glancing elbow to the left temple. Continue right hand to the groin and grab.
- Rip upward at groin and elbow to the jaw.
- Cover out.

### Uke

- From a left rear horse, step forward and take a left punch to the face.
- Turn head away and keep teeth closed.
- Crumple.

## 25. Sting of the Bee – Jab, either hand

### Tori

- Step back with the left foot as you pull into a cat stance with a right counter-clockwise circular parry (peacock's beak).
- Shuffle forward with a right one-finger eye strike.
- Cover out.

### Uke

- From a rear horse, step forward and take a jab to the face with the front hand.
- Turn face to protect eyes.
- Crumple.

## 26. Lightning Flash, A variation – Knife thrust

### Tori

- Step to the left and twist to the right with a simultaneous left palm block and circling right chop to back of attacker's wrist.
- Continue circling the right hand into a two finger eye scoop into the attacker's left eye.
- Cover out.

### Uke

- From a right rear horse, step forward with the right foot and thrust the knife straight to the midsection.
- Grab face.
- Crumple.

## Lightning Flash, B variation – Knife thrust

### Tori

- Step to the left and twist to the right with a simultaneous left palm block and right downward chop to top of the attacker's wrist.
- Recoil right hand into four finger eye strike.
- Cover out.

### Uke

- From a right rear horse, step forward with the right foot and thrust the knife straight to the midsection.
- Grab face.
- Crumple.

## Lightning Flash, C variation – Knife thrust

### Tori

- Step to the left and twist to the right with a simultaneous left palm block and circling right chop to back of attacker's wrist.
- Continue with right hand downward chop to wrist. Finish with four finger eye strike.
- Cover out.

### Uke

- From a right rear horse, step forward with the right foot and thrust the knife straight to the midsection.
- Grab face.
- Crumple.

## 27. Burning Cinders – Two-handed lapel grab

### Tori

- Pin the attacker's hands to your body with your left hand as you step forward with your right foot. Right key strike to solar plexus.
- Left claw, ripping from right to left across the attacker's face.
- Right elbow smash to the left temple. Grab back of attacker's head with your left hand and their chin with your right, and snap attacker's head to your right.
- Right palm-up locking chop to throat or nose.
- Cover out.

### Uke

- Facing the tori, step forward with your right foot and grab the upper lapels with both hands, arms bent.
- Turn head with claw strike.
- Let your head turn with the snap.
- Turn head away.
- Crumple.

## 28. Broken Honor, A variation – Handshake followed by punch

### Tori

- Step forward with the left as you slap and counter grab the attacker's right hand with your left, swinging the hands high into the air to block the punch.
- Keeping your upper left arm horizontal, sharply pull the attacker's hand down to break the elbow.
- Right hidden foot and swing the attacker to your right as you pivot.
- As the attacker moves, right wheel kick to the midsection.
- Cover out.

### Uke

- From a right rear horse, step forward and shake hands with the right. Follow with a left punch to the face.
- Keep your elbow bent.
- Go with the pull.
- Keep hands out of the way of the kick.
- Crumple.

## 29. Charging Bull, D variation – Charge from the front

### Tori

- Left foot steps to shallow hidden foot to elude attack.
- As you pivot to a left rear horse, take a right glancing chop to the back of the neck, followed by a speed chop to the throat or side of neck.
- Right knife edge kick to the knee or floating ribs.
- Cover out.

### Uke

- Take a big step forward with the right foot and attempt to grab the tori around the midsection.
- Keep hands out of the way of the kick.
- Crumple.



## Charging Bull, E variation – Charge from the front

### Tori

- Step back with your left foot into a rear horse as you grab attacker's hair with your left hand and downward chop into the back of the attacker's neck with your right hand.
- Circle your right arm in a clockwise motion over the attacker's left arm ending in an inverted punch position as you pivot into a square horse. (Straightening the attacker's arm will break the elbow).
- Place your left hand on the back of the attacker's head as you smash their face into a left knee strike.
- Finish with a right downward hammer fist to the base of the skull.
- Cover out.

### Uke

- Take a big step forward with the right foot and grab the tori around the midsection with your left arm.
- Keep elbow bent.
- Turn face to the side.
- Crumple.