

TRACY'S KENPO

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**Purple Belt Requirements Reference Manual**



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# Purple Belt Requirements

1. STRIKING MACE
2. CROSSING TALON (ABC)
3. CIRCLING ELBOWS
4. LOCKING ARM (AB)
5. WINDMILL GUARD (AB)
6. SPIRALING WRIST (AB)
7. CRASH OF THE EAGLE PART II (ABC DEFGHI)
8. ENCIRCLING ARMS (ABCD)
9. RISING ELBOW
10. GUARDING THE WALL
11. EAGLE PIN
12. STRIKING FANG (AB)
13. SHACKLE BREAK (ABC)
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15. FULL NELSON
16. KUNG FU CROSS
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18. GIFT
19. OPENING COWL (AB)
20. SLICING DRAGON
21. ASCENDING TO HEAVEN (ABC)
22. RAISING THE SWORD
23. ARM HOOK (AB)
24. CROSSING THE SUN (ABC)
25. ATTACK FROM THE TEMPLE (AB)
26. BOWING TO BUDDHA (AB)
27. DART
28. COVERING TALON
29. WING BREAK (AB)
30. "U" PUNCH

## **Forms:**

Long 1

Short 2

# Purple Belt

## 1. Striking Mace: right punch

### Defense:

Step left to 10:30 with a left hooking block to attackers punch. Right crescent step to 2:30 then follow through with a right vertical punch to temple. Finishing off with a right side thrust kick to knee

## 2. Crossing Talons ABC: Crossing wrist grab

### Defense A:

Right hand will counter grab opponents wrist and bring hand up to face level. Step left to 2:30 left hammerfist strike to elbow, pull attacker down across left knee. Left elbow to temple left downward elbow strike to spine.

### Defense B:

Right hand will counter grab opponents wrist and bring hand up to face level. Sweep right foot to 10:30, pull attacker down across left knee. Left elbow to temple left downward elbow strike to spine.

### Defense C:

Your left hand will help counter grab with your right hand placing your left forearm on the attacker's right elbow. Step left to 1:30, pull attacker down across left knee. Left elbow to temple left downward elbow strike to spine.

## 3. Circling Elbows: Bear hug from behind...arms free

### Defense:

Drop right to horse stance circle arms up and around to drive elbows into opponent's biceps. You will then follow up with a left leg crescent steps behind attackers left leg and buckle the knee to get attacker off balance you will then pivot to soft bow as you do so you will have your left elbow strike the chin at the same time a right hammerfist to groin.

#### **4. Locking Arm AB: Hammerlock**

##### **Defense A:**

Step back left counter grab opponents hand with your right hand, then as you are stepping back proceed with a left elbow to face going into reverse hard bow. Then your left arm circles over the attackers elbow and pivot to hard bow breaking elbow. Right dancer step to 4:30 pivot to reverse hard bow, drive left knee into attackers ribs.

##### **Defense B:**

Step back left counter grab opponents hand with your right hand, and then as you are stepping back proceed with a left elbow to face followed by a left heel palm to groin. Circle your left arm over the attackers elbow and pivot to hard bow locking elbow. Right dancer step to 4:30 pivot to reverse hard bow, drive left knee into attackers ribs.

#### **5. Windmill Guard AB:**

##### **Defense A: right punch**

Step left to 10:30 left parry to outside of right punch, right extended outward block to outside of right punch; grab the wrist with your right, left round house kick to body.

##### **Defense B: left punch**

Step right to 2:30 right parry to outside of left punch, left extended outward block to outside of left punch; grab the wrist with your left, right round house kick to body.

#### **6. Spiraling Wrist AB: Bear hug from behind ...arms free**

##### **Defense A:**

Rap knuckles on the back of the opponent's hand until they loosen. Step right into a square horse stance driving both elbows into biceps simultaneously. Counter grab with both hands the attacker's right hand. Step forward left to 2:30 then step back right to 2:30 as you do so go into an inside wrist lock followed by a right front snap kick to face.