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Purple Belt Requirements

1. Striking Mace _____ Straight right punch
2. Crossing Talons ABC _____ Right crossing wrist grab
3. Circling Elbow _____ Bear hug from behind - arms free
4. Locking Arm AB _____ Right hammerlock
5. The Blitz ABC _____ Straight right punch
6. Spiraling Wrist ABC _____ Bear hug from behind - arms free
7. Crash of the Eagles Part II ABCDEFGHI _____ Two hand choke from behind
8. Encircling Arms ABCD _____ Tackle from front
9. Rising Elbow _____ Rear bear hug arms pinned
10. Guarding the Wall _____ Right straight punch
11. Eagle Pin _____ Right punch from front, bear hug arms free from behind
12. Striking Fang AB _____ Right punch from right side
13. Shackle Break ABC _____ Double wrist grab from behind
14. Drawbridge AB _____ Right hand grab to left shoulder
15. Full Nelson _____ Full Nelson
16. Kung Fu Wrist _____ Left straight punch
17. Dividing Swords AB _____ Right straight punch
18. Gift _____ Handshake or cross arm grab with left punch
19. Opening Cowl AB _____ Two hand choke from behind
20. Slicing Dragon _____ Right straight punch
21. Ascending to Heaven _____ Kick or knee to face while sitting
22. Raising the Sword AB _____ Cross arm wrist grab with left punch
23. Arm Hook AB _____ Right straight punch
24. Crossing the Sun ABC _____ Right overhead club attack
25. Attack from the Temple AB _____ (A) Right Punch (B) Two man attack
26. Bowing to Buddha _____ Front Snap Kick While on Left Knee
27. Dart _____ Left or Right jab
28. Covering the Talon AB _____ High front two hand grab
29. Wing Break ABCD _____ Left grab to right shoulder
30. U punch AB _____ Two hand front choke

Short 2

Long 1

1. Striking Mace: Right Punch

Defense:

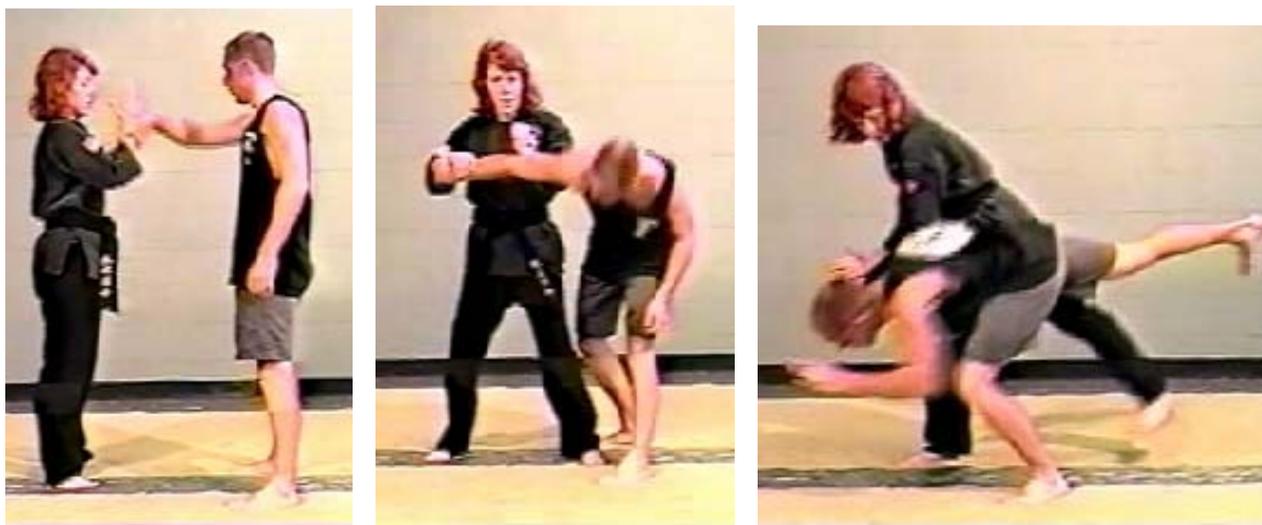
Step left to 10:30 with a left hooking block to attackers punch. Right crescent step to 2:30 then follow through with a right vertical punch to temple. Finishing off with a right side thrust kick to knee.



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 forearm strike to triceps tendon followed by a outside leg reap with left leg.





Defense B:

Right hand will counter grab opponents wrist and bring hand up to face level. Step left to 2:30 left forearm strike to triceps tendon. Right dancer to 10:30 as you throw opponent into someone or into wall.



Defense C:

If you find the attacker has much greater strength counter grab with you left hand by grabbing your own right hand. Pull hand upwards in a CCW motion and roll left elbow over and onto the attackers triceps tendon and push down followed by a left leg reap.



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. Then your left arm circles 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. The Blitz ABC: right punch

Defense A:

From right lead inside scissor block, grab hand right forearm to bicep. Right chop to throat, right hand hooks back of neck and pull into right knee. Left elbow to back right hand will then snake around neck and hook attackers chin follow up with a chin throw.



Defense B:

Inside scissor block, right forearm to biceps followed by a right chop to neck or throat. Right hand hook behind the neck and pull into right knee. Use a Head Turn Throw for takedown hanging on to hand drop right knee onto opponents chest right punch to face.



Defense C:

Double slap block to punch followed by a right elbow to face followed by a right chop to neck then hook behind the neck and pull right knee to body. Step back left to 6:00 as you apply guillotine choke.



6. Spiriling Wrist ABC: 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 the biceps simultaneously. Then go into Circling Elbows



Defense B:

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



Defense C:

Rap knuckles on the back of the opponent's hand until they loosen. Stop right into a square horse stance driving both elbows into the biceps simultaneously. Step right to 2:30 then step back left to 2:30 going into a inside wrist lock. IF ATTACKER bends elbow in step left to 7:30 then step back right to 7:30 and reverse the lock into a outside wrist lock for take down.

