



## PURPLE BELT

### Basic Fundamentals:

#### Punches & Hand Strikes

straight thrust punch  
straight snap punch  
vertical thrust punch  
vertical snap punch  
straight palm thrust  
inward handsword  
outward handsword  
back hammerfist  
underhand reverse hammerfist  
straight finger thrust  
overhead claw  
outward whip

#### Kicks

front snap kick  
front thrust kick  
side snap thrust  
back snap kick  
back thrust kick  
snap roundhouse kick  
power roundhouse kick

#### Elbow Strikes

inward elbow  
outward elbow  
back elbow  
obscure back elbow  
inward overhead elbow  
outward overhead elbow  
upward elbow

#### Stances

attention stance  
training horse stance  
meditation horse stance  
neutral bow  
forward bow  
reverse bow

#### Blocks & Parries

thrusting inward block  
hammering inward block  
anchoring inward block  
vertical outward block

#### Blocks and Parries cont..

extended outward block  
downward block  
upward block  
inward parry  
outward parry

#### Foot Maneuvers

step-thru forward  
step-thru reverse  
step-drag forward  
step-drag reverse  
drag-step forward  
drag-step reverse  
cover  
switch

#### Forms & Sets

Long Form One  
Kicking Set

#### *Self-Defense Techniques*

23. Thrusting Salute
24. Obscure Sword
25. Raining Claw
26. Crashing Wings
27. Thrusting Prongs
28. Reversing Mace
29. Repeating Mace
30. Locked Wing
31. Crossing Talon
32. Twirling Wings
33. Snapping Twig
34. Leaping Crane

#### *Attacks*

- Right Step Thru Front Kick
- Left Rear Shoulder Grab-Far Away
- Right Step Thru Uppercut Punch
- Rear Bear Hug-Arms Free
- Front Bear Hug-Arms Trapped
- Left Step Thru Straight Punch
- Front Cross Push With Left Hand To R Shldr
- Rear Arm Lock to Right Arm
- Right Hand to Right Wrist Cross Grab
- Rear Choke Arms Stiff
- Front Left Hand Shoulder Grab to RT Shldr
- Right Step Thru Straight Punch