

PURPLE BELT TEST

Horse Stance Strikes (x 20)

- FRONT
- THRUST
- PALM
- KNIFE
- HAMMER
- RISING ELBOW
- R. HOUSE ELBOW
- UPPER CUT
- BACK FIST
- BACK HAND
- TRIGGER
- RIDGE HAND

Stances With Steps (x 5)

- HALF MOON
- HALF MOON WITH FRONT PUNCH
- HALF MOON WITH 8 POINT BLOCKS
- HALF MOON WITH 8 POINT & STRIKES
- BACK
- BACK WITH KNIFE HAND BLOCKS
- BACK WITH 8 POINT BLOCKS
- BACK WITH 8 POINT & STRIKES
- CAT
- CAT WITH 8 POINT BLOCK
- CRANE
- FRONT
- FRONT WITH PUNCH
- SIDE WITH PUNCH
- SIDE WITH LOW BLOCK

Grab Defenses (x 5)

- 1 HAND WRIST
- 2 HAND WRIST
- 2 HAND NECK (FRONT)
- 1 HAND HAIR (FRONT)
- 1 HAND HAIR (REAR)
- 2 HAND CHOKE (REAR)
- HEAD LOCK (REAR)
- HEAD LOCK (SIDE)
- BEAR HUG X 4
- LAPEL
- NELSON

Random Attack Fighting Defenses

- STEP IN PUNCH (D. M. 7 & 3)
- ABOVE NOTED GRABS

Horse Stance Blocking

- 8 POINT (1 COMMAND X 10)
- KNIFE HAND
- H. CROSS KNIFE HAND
- L. CROSS KNIFE HAND
- M. BLOCK & FRONT PUNCH
- RIDGE
- PRESSING PALM
- OUTSIDE/IN PRESSING PALM
- INSIDE/OUT MONKEY
- OUTSIDE/IN MONKEY

Kicks (x 20 each leg)

- BACK LEG FRONT / FROM HALF MOON STANCE
- FRONT LEG FRONT / FROM H. MOON S.
- BACK LEG SIDE / FROM H. MOON S.
- STEP BEHIND SIDE / FROM SIDE S.
- CROSSOVER STEP R. HOUSE / FROM H. MOON S.
- BACK LEG R. HOUSE / FROM H. MOON S.
- CRESCENT OUT/IN & IN/OUT
- BACK
- STEPPING STOOL

Defense Maneuvers

- 6 / LEFT AND RIGHT (X 10)
- 7 / LEFT AND RIGHT (X 10)
- 3 / LEFT AND RIGHT (X 10)
- 5 / LEFT AND RIGHT (X 10)
- 2 / LEFT AND RIGHT (X 10)

Forms

- PINAN 2
- KATA 1

