

Rank Requirements - Purple Belt

BLOCKS

- SHOTEI UKE - PALM HEEL BLOCK
- SHOTEI OTOSHI UKE - DESCENDING
- SUKUI UKE - SCOOPING BLOCK
- SHOTEI OSAE - PALM HEEL PRESS BLOCK

STRIKES

- HAITO UCHI - RIDGE HAND
- TETTSUI UCHI - HAMMER FIST STRIKE
- URA ZUKI - SHORT PUNCH
- AGE ZUKI - RISING PUNCH
- HEIKO ZUKI - PARALLEL PUNCH

KICKS

- YOKO GERI KEKOMI - SIDE THRUST KICK
- MAWASHI GERI KEKOMI - ROUND HOUSE THRUST KICK
- MAE GERI KEKOMI - FRONT THRUST KICK

KATAS

- AMERICAN EMPI-HA - ELBOW STRIKE
- SEIENCHIN -MARCHING FORWARD QUIETLY PULL OFF
BALANCE AND FIGHT
- NUNCHAKU THIRD FORM – DOUBLE FORWARD
- NUNCHAKU FORTH FORM – DOUBLE REVERSE

KUMITE

- ALL KUMITE REQUIRED

STAMINA

Side stretches:

- 250 with soft style lower block and diagonal chop

Pushups:

Fingertips separate sets:

- Five fingers: 10
- Four fingers: 10
- Three fingers: 10
- Two fingers: 10
- Thumb: 10

One arm: 15 each arm

Wrist flips: 10

Chin/Chest/Abdomen: 15

Rowing: 15

Squat kicks: 25

Jumping jacks: 150

Sit-up: 150

Sitting presses:

- Be able to raise your body off the ground and balance for 1 second.

Leg crosses

- On back: 25
- Sitting up: 25

Handstand against the wall

- Hold handstand and accomplish 10 pushups.