

PURPLE BELT TEST

NAME: _____ AGE: _____ DATE: _____

GRADED BY: _____ TOTAL SCORE: (_____ /1,329): _____ %

REQUIREMENTS FOR TESTING: 40 COMPLETED CLASS HOURS, 4 TOURNAMENTS, 1 TEEN & ADULT CAMP, ASSISTING AT 1 NINJA CAMP

WRITTEN EXAM: _____ /29 75 PUSH-UPS 75 SIT-UPS

<u>TECHNIQUES</u>	<u>RIGHT SIDE</u>				<u>LEFT SIDE</u>			
FLYING SIDE KICK	5	10	15	20	5	10	15	20
SPINNING HOOK KICK	5	10	15	20	5	10	15	20
SPINNING ROUNDHOUSE KICK	5	10	15	20	5	10	15	20
JUMP SPINNING CRESCENT KICK	5	10	15	20	5	10	15	20
JUMP SPINNING BACK KICK	5	10	15	20	5	10	15	20
AXE KICK	5	10	15	20	5	10	15	20
SIDE KICK – HOOK KICK	5	10	15	20	5	10	15	20
ROUNDHOUSE – HOOK KICK	5	10	15	20	5	10	15	20
FRONT KICK – DOUBLE ROUNDHOUSE	5	10	15	20	5	10	15	20
BACK FIST – KNIFE HAND STRIKE	5	10	15	20	5	10	15	20
SPINNING BACK FIST – PUNCH	5	10	15	20	5	10	15	20
SIDE KICK – FIGHTING PUNCH	5	10	15	20	5	10	15	20
JUMP SPINNING CRESCENT KICK	5	10	15	20	5	10	15	20
JUMP SIDE KICK, FLYING SIDE KICK, SPINNING BACK KICK	5	10	15	20	5	10	15	20

POINT TOTAL FOR TECHNIQUES: _____ / 560

KATA

BEGINNER FORM #1 (TAIKYOKU SHODAN)	5	7	10	12	15	18	20
BEGINNER FORM #2 (HIGH BLOCK & FRONT KICK)	5	7	10	12	15	18	20
BEGINNER FORM #3 (BACK STANCE)	5	7	10	12	15	18	20
HEIAN SHODAN	5	7	10	12	15	18	20
TO-SAN	5	7	10	12	15	18	20
HEIAN NIDAN	5	7	10	12	15	18	20
HWA RANG	5	7	10	12	15	18	20

POINT TOTAL FOR KATA: _____ / 140

PURPLE BELT TEST CONTINUED

SELF DEFENSE – TOOLS & TARGETS

EYE ATTACK	5	7	10	12	15	18	20
SLAP / EAR ATTACK	5	7	10	12	15	18	20
PALM HEEL STRIKE	5	7	10	12	15	18	20
HAMMER FIST	5	7	10	12	15	18	20
SPEAR HAND	5	7	10	12	15	18	20
CLAW	5	7	10	12	15	18	20
FRONT ELBOW STRIKE	5	7	10	12	15	18	20
REAR ELBOW STRIKE	5	7	10	12	15	18	20
KNEE STRIKE	5	7	10	12	15	18	20
FRONT KICK	5	7	10	12	15	18	20
SIDE KICK	5	7	10	12	15	18	20
BACK KICK	5	7	10	12	15	18	20

POINT TOTAL FOR TOOLS & TARGETS: _____ / 240

SELF DEFENSE – GRABS

FRONT WRIST GRAB	5	7	10	12	15	18	20
REAR WRIST GRAB	5	7	10	12	15	18	20
FRONT CHOKE HOLD	5	7	10	12	15	18	20
REAR CHOKE HOLD	5	7	10	12	15	18	20
FRONT BEAR HUG OVER THE ARMS	5	7	10	12	15	18	20
FRONT BEAR HUG UNDER THE ARMS	5	7	10	12	15	18	20
REAR BEAR HUG OVER THE ARMS	5	7	10	12	15	18	20
REAR BEAR HUG UNDER THE ARMS	5	7	10	12	15	18	20
SIDE HEAD LOCK	5	7	10	12	15	18	20
FULL NELSON	5	7	10	12	15	18	20
HAYMAKER PUNCH	5	7	10	12	15	18	20
CLUB DEFENSE	5	7	10	12	15	18	20
FRONT KNIFE ATTACK	5	7	10	12	15	18	20
SLASHING DOWN KNIFE ATTACK	5	7	10	12	15	18	20
REAR KNIFE ATTACK TO THROAT	5	7	10	12	15	18	20
BREAKFALL #1	5	7	10	12	15	18	20
BREAKFALL #2	5	7	10	12	15	18	20
BREAKFALL #3	5	7	10	12	15	18	20

POINT TOTAL FOR SELF-DEFENSE GRABS: _____ / 360