



We make learning martial arts easy and fun for the whole family!



Purple Belt Testing Skills

Students Name _____

Date _____

Star Block Set _____

Hand Strike Set _____

In Guard Stance

Jab/Cross _____

Hook _____

Uppercut _____

Stances

Front Stance _____

Back Stance _____

In Kicking Stance

Front Kicks

Front Leg _____

Rear Leg _____

Stepping _____

Push Kick _____

Roundhouse Kicks

Front Leg _____

Rear Leg _____

Stepping _____

Side Kicks

Kneeling _____

To the Rear _____

Front Leg _____

Crescent, Ax & Sipa Kicks

Inside Crescent _____

Outside Crescent _____

Sipa _____

Outside _____

Self-defense Basics

B-4's _____

Rotating & Collapsing Principles _____

Quick Covers _____

Tools & Targets/Ground Defense _____

To be promoted to Purple Belt and move on to the intermediate class you will need to know and demonstrate all of the skills listed on this sheet as well as the all of the basic skills curriculum.

Good luck on your Journey to Black Belt and beyond!

When you have completed all of your requirements ask your instructor to sign and date this form. Then return it to Master Krenz.

Instructors Signature