



Warrior Karate Academy

Purple Belt Test Study Sheet

Advanced Self Defense Techniques

1. Hip Toss
2. Joint Lock Take Down
3. Nerve Strike Kata
4. Choke Defenses (Front, Side, Rear)
5. Bear Hugs (Front, Rear, Arms Free, Arms Trapped)

Punches/Hand Techniques

1. Ridge Hand
2. Double Palm Heel Strike
3. Sword Peak Hand Strike (Throat strikes with wedge form when thumb is extended away from hand)

Kicking/Foot Techniques

1. Spinning Back Kick
2. Three Kick Combination (Student Choice)
3. Front Jump Kick

Self Defense Techniques

1. Self Defense against a blunt weapon

History/Tradition

1. Quote and explain Oyama's Mottos #7-#11

Katas

1. Bassai Dai
2. Enpi
3. Any Previous Kata (Optional)

Mastery Drill

1. Choke defenses from any direction. Defend and neutralize (60 Seconds)