



Junior Purple Belt Study Sheet

Stances

- Crane Stance
- Transition: Side to Front Fighting
- Transition: Front to Side Fighting

Blocks

- Hooking Block
- Any Previous Block

Punches

- Hammer Fist (#3)
- Hook Punch
- Hammer Fist Combo

Kicking

- Hook Kick
- Spinning Hook Kick
- Any Previous Kick

Self Defense Techniques

- Two Self Defense moves against a grab
- Choke Defense

History/Traditions

- Oyama's Motto #1
- 1) The Martial Way begins and ends with courtesy. Therefore, be properly and genuinely courteous at all times.

Katas

- Any Previous Kata
- Heian Sandan