



DRAGON PURPLE BELT



TECHNIQUES

_____ 015. LONE KIMONO	Left Hand Shirt Grab
_____ 016. LOCKING HORNS	Right Front Headlock
_____ 017. CALMING THE STORM	Right Roundhouse Club Attack
_____ 018. SNAPPING TWIG	Left Hand Right Shoulder Push
_____ 019. CRASHING WINGS	Rear Bear Hug, Arms Free

FORMS & SETS

_____ _____ Maneuver Set A

BASICS

STRIKES
Upward Elbow
Downward Elbow Strike
Back Elbow
Inward Overhead Elbow

MANEUVERS
Rear crossover
Sit-through
Switch

BLOCKS/PARRIES
Outward Parry
Upward Parry

KICKS
Scoop (front and rear)
Skip kicks

PUNCHES
Uppercut

PURPLE BELT MOTTO

ONLY ACTION IS ACTION
