



JUNIOR PURPLE BELT

TECHNIQUES

| | |
|------------------------------------|---------------------------------------|
| ____ ____ 019. TWIRLING WINGS | Rear Two Hand Shoulder Grab |
| ____ ____ 020. SNAPPING TWIGS | Left Hand Chest Push |
| ____ ____ 021. LEAPING CRANE | Right Step-through Punch |
| ____ ____ 022. BUCKLING BRANCH | Left Step-thru Front Kick |
| ____ ____ 023. CRASHING WINGS | Rear Bear Hug, Arms Free (low) |
| ____ ____ 024. SHIELDING HAMMER | Left Hook Punch |
| ----- | |
| ____ ____ 025. EVADING THE STORM | Right Overhead Club Strike |
| ____ ____ 026. CROSSING TALON | Right-Cross Wrist Grab |
| ____ ____ 027. RAINING CLAW | Right Uppercut Punch |
| ____ ____ 028. REVERSING MACE | Left Step-In Punch |
| ____ ____ 029. SQUEEZING THE PEACH | Rear Bear Hug, Arms Pinned (Low) |
| ____ ____ 030. OBSCURE SWORD | Left Hand, Right Shoulder Grab (Rear) |

FORMS & SETS

____ ____ Universal Form Three

____ ____ Maneuver Set A

BASIC REQUIREMENTS

1. Focusing on the "corners" for blocking
2. Good stances (heel-toe line, knees bents, angles of feet, etc) before and after every move
3. Not changing height as you move, kick, etc
4. Proper alignment of your natural weapons for all strikes.

Purple belts focus on precision. Being mechanically precise is the goal for purple belts. Stopping to check angles on basics and stances is acceptable, just so long as precision is improved. Purple belts should have good stances, move correctly from one position to the next, maintaining proper height, width, and depth as they move. This precision will be necessary as they move onto fluidity for Blue Belt

PURPLE BELT MOTTO

"I hold the art of Kenpo sacred, and freely take upon myself the obligation and responsibility that I shall never misuse my skill to hurt or make afraid. I shall fight only if forced to defend myself, and shall be slow to anger, loath to take offense, quick to forgive and forget personal affront"