

Purple Belt Requirements

Proper Attention: Kami stance with focus for 5 minutes

Fitness: 30 push-ups, 45 crunches, 30 squats, 3 minutes of horse stance, 4 three-minute rounds on heavy bag (with focus and proper fighting stance), 2 minutes of jump rope

Punches (with power and form): Ability to use proper punches in combinations with power and good form; jumping elbow; spinning elbow

Kicks: Front kick, sidekick, roundhouse kick, Thai kick, oblique, foot stomps, spinning hook kick, jump side kick, flying side kick, skip knees and crab kicks (front, side, roundhouse, crescent) (all kicks followed by punching combinations)

Takedowns: Forward and backward leg sweep, silat sweeps, single leg takedown, double leg takedown, dumog takedowns, hip throw, heel hook

Trapping: Trapping moves on the wooden dummy, multiple trapping with teacher

Angles 1-5 hubud drill; dumog drill & lop sao drill; Tai Chi; Locks and takedowns

Wing Chun Dummy: 1st 20 moves of 116

Weapons: Escrima: Proper 6 count (siniwali) solo and with a partner; hubud (angle 1 & 2), *largo mano* pattern, snake disarms, sombrada. Demonstrate fighting stance with escrima stick. Demonstrate fighting staff with Quarter Staff (long form, short form)

Grappling:

- Effective free grappling skills
- 10 count drill with spider guard
- Rear choke, guillotine, paint brush, arm bar, genie choke, triangle choke, single ankle lock, arm bar from guard, kimura, double elbow trap
- Escapes from: arm bar, triangle choke, genie choke

Sparring:

Round 1: focus pads and leg pads (proper fighting stance for whole round; good distance kicks and punches along with multiple trapping and straight blast) Student must use a variety of kicks and punching techniques. Student must avoid single leg takedown and perform clinch when teacher throws flailing punches.

Round 2: Teacher with leg pads and boxing gloves will attack student like a kick-boxer. Student can use any techniques possible, including good slipping and interceptions. At least three takedowns must be done during round.

Round 3: Student will spar two teachers with focus pads. Must try and maintain good 2-on-1 fighting position.

Escapes from holds

- Single wrist grab
- Double wrist grab
- Bear hug
- Headlock

Martial Arts Knowledge

- Pick four styles we do in class: find their countries on a map, name the countries, name the styles we do from those countries
- What is zoning
- What is the “alive hand”
- Understand what we do at the school (Must understand the concept of Jeet Kune Do and mixed martial arts and who Dan Inosanto is.)
- Who were the main teachers of Mr. TJ
- What are the four ranges of open-handed combat

NOTE: If you miss a stripe day while waiting to take your belt test you will receive that stripe **IF** you pass your test on the first attempt.