

Purple Belt Test

Stances

- Fighting Stance
- Chun Bi
- Front Stance
- Back Stance

Punching

- Rear Hand Punch
- Double Punch
- Rear Hand Ridge Hand

Kicking

- Front Leg Snap Front Kick
- Rear Leg Crescent Kick
- Front Leg Round Kick
- Front Leg Side Kick

Combination Kicking

- Double Round Kick (Scooting in)

Self Defense (Emergency and Release)

- Front Choke *Rear Choke (Two Hands) *Rear Forearm Choke
- Double Lapel Grab
- Same, Cross, and Two Hand Wrist Grabs (6)

One-Step Sparring

- Front Kick Defense.

Traditional Form Movements

- Double Knife Hand Block (Advancing)
- Stepping Punch (Advancing)
- Under Middle Block, Shift-Punch, Rising Block (Once)

Form

- Palgue 7

Kick-Punch Combination

- Double Round Kick, Double Punch, Back Leg Round Kick

Projected Promotion Schedule:

32 to 56 lessons and 4 to 7 months of attendance, as well as an understanding of the techniques, are required for promotion!