



PURPLE BELT (3RD KYU)

- Stripe One:** Elbow Strikes from Horse Stance
Kicks
- Hook Kick
 - Spinning Hook Kick
- Three-For-Threes
- Skip Step Hook Kick, Palm Down, Ridge Hand
 - Skip Step Round Kick, Spinning Hook Kick, Reverse Punch
 - Skip Step Hook Kick, Skip Step Side Kick, Spinning Hook Kick
- Stripe Two:** Gekisai dai Ichi Kata
- Stripe Three:** Falls
- Full Fall
 - Front Fall
 - Hip Throw Fall
- Hard Self-Defense
- Low Block Takedown
 - Middle Block Takedown
 - High Block Takedown
 - Deflection Block Takedown
- Stripe Four:** Bo Fundamentals
- Posture, Attention, Zazen, Parade Rest
 - Warm-Up:
 - o Shoulder-Wrist Conditioning
 - o Small Change
 - o Big Change
 - o Low Wraps
 - o Figure-8s
- Kali
- Open Series
 - o Tap-and-Twirl
 - o Kab Kab
 - o Cradle
 - o Meet-and-Merge
 - Single Stick
 - o Wall Block
 - o Low Block
 - o Loading Positions 5-8



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(continued)

- Stripe Five:**
- Grappling (Standing)
 - Elbow-and-Lapel Clinch
 - Strikes from Clinch
 - o Roundhouse Elbow
 - o Uppercut
 - o Knee
 - o Stomp
 - Inside Leg Check
 - Double Leg Takedown (Scoop at Knees)
 - Grappling (Ground)
 - Full Circle #1
 - o Cross-body
 - o Post and switch
 - o Mount
 - o Bridge and roll
 - o Guard
 - o Basic Guard Pass
 - Hip Escape
 - Technical Stand-Up
 - Hip Bump Guard to Stand Up
- Stripe Six:** Gekisai dai Ni Kata