

## PURPLE BELT TEST

**Break-Free Techniques:** One time each side.

Push Defense  
Double-Wrist Grab  
Hammerlock  
Strangle Hold  
Tackle 1-2

**Defensive Timing and Countering Techniques:**

Side Kick  
Crossing Side Kick 1-2  
Sweep 1-2-3  
Spinning Kick 1-2  
Reverse Punch  
Wheel Kick  
Roundhouse Kick 1

**Partner Sparring Drills:**

- A. Attacks with Shuffle Jab, Jump Wheel, Exit the Counter.
- B. Defends and Counter Strikes with any Strike or Combination.
  
- A. Attacks with Shuffle Jab, Jump Wheel, Collapse the Counter.
- B. Defends and Collapses their Counter Strike.
  
- A. Attacks with Shuffle Jab, Reverse Punch, Roundhouse Kick, Exit the Counter.
- B. Defends and Counter Strikes with any Strike or Combination.
  
- A. Shuffle Jab, Reverse Punch, Roundhouse Kick, Collapse the Counter.
- B. Defends and Collapses their Counter Strike.

**Basics:** Two times each side.

Crossing Side Kick  
Spinning Side Kick  
Chop  
Ridgehand  
Forearm Strike  
Hammerfist  
Palm Heel  
Claw Hand  
Knee Up and Cover 1-2-3  
Shuffle Jab, Lunge Punch  
Lunge Punch, Lunge Punch  
In and Out 3  
Fake Jab, Reverse Punch  
Fake Reverse Punch, Jab  
Fake Side Kick, Jab  
Fake Wheel Kick, Jab

**Verbals:**

14. Collapse 1-2
15. What are two ways to Control Distance?
16. Breathing Technique 2
17. Listening Technique 2
18. Communication Technique 1
19. Emotional Maturity

**Sparring Drills:**

1-minute round of "Defense with a Side Kick" against Opponent who Free Spars.

Three 1-minute rounds of Free Sparring.

Point Sparring