



ON MISSION MARTIAL ARTS ADULT PURPLE BELT REQUIREMENTS



Strikes

- Tiger Claw
- Cross-hand Shuto
- Ridge Hand
- Spear Hand Poke
- Downward Shuto
- Riken
- Back Hand
- Crescent Kick
- Reverse Crescent Kick
- Corkscrew Punch
- Roundhouse Ball & Instep Kicks
- Roundhouse Knee
- Smash Kick

Defensive Moves

- 8-Point Soft Blocks
- 8-Point Soft Blocks with footwork
- Above with a partner
- Downward X-Block
- Dropping Iron Palm Block
- Backhand Block
- Knife to Palm Trap

OMMA/Martial Arts Knowledge

- "What is Body Conditioning?"
- "Why & How do we Spar?"
- "A Basic History of Kempo"
- "Defending Against Weapons"
- "Learn – Do – Teach"

Spiritual Fitness

- O.M.S.F. (On Mission Spiritual Fitness)
ADULT PURPLE completed

Techniques

- Defensive Maneuver (DM) #2
- Defensive Maneuver (DM) #5
- Defensive Maneuver (DM) #18
- Kempo "G"
- Kempo "H"
- Kempo "I"
- Extension to Kempo "B"
- Extension to Kempo "C"
- Extension to Kempo "D"
- Grab Techniques #6-9
- Stabbing Knife Defense #1
- Side Club Defense #2
- Slashing Knife Defense #1
- Gun Defense #1
- LEVEL TWO – Sparring
- LEVEL TWO – Ground Defenses

Forms & Miscellaneous

- PINAN TWO
- KATA ONE
- Backward Roll
- Slap-out from a side position
- PURPLE Belt Line Drill (#3)
- Body Conditioning – LEVEL ONE