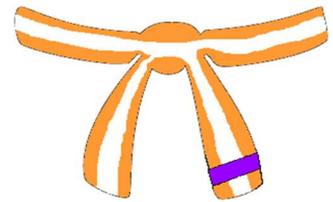




ON MISSION MARTIAL ARTS

Young Warriors – *Purple Belt* Checklist

- | | |
|---|---|
| <input type="checkbox"/> Pivot to the rear | <input type="checkbox"/> DM # 3 – complete (R & L) |
| <input type="checkbox"/> Rising Chicken Wrist | <input type="checkbox"/> One Hand Lapel Grab (#6) |
| <input type="checkbox"/> Forearm Strike | <input type="checkbox"/> Kempo “E” (R & L) |
| <input type="checkbox"/> Front Heel Kick | <input type="checkbox"/> PINAN ONE (complete) |
| <input type="checkbox"/> Back Kick | <input type="checkbox"/> Slap Out from standing position |
| <input type="checkbox"/> Hammers (Side, Cross, Rev.) | <input type="checkbox"/> 8 Point Blocks w/ Counterstrikes |
| <input type="checkbox"/> 7 total @home practice sessions | |



This stripe will be awarded during regular class time when student is ready.

- | | |
|--|--|
| <input type="checkbox"/> Tiger Claw Strike | <input type="checkbox"/> 2 Hand Lapel Grab (#7) |
| <input type="checkbox"/> Cross-hand Shuto | <input type="checkbox"/> Kempo “F” (R & L) |
| <input type="checkbox"/> Downward Shuto | <input type="checkbox"/> DM #2 (R & L) |
| <input type="checkbox"/> Crescent Kick | <input type="checkbox"/> Outward Knife Hand Block |
| <input type="checkbox"/> Reverse Crescent Kick | <input type="checkbox"/> Extension to Kempo “B” (R & L) |
| <input type="checkbox"/> LEVEL ONE – Sparring | <input type="checkbox"/> 14 total @home practice sessions |



This stripe will be awarded during regular class time when student is ready.

Do your best to complete these requirements and submit your binder to your Instructor.

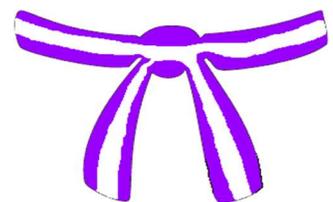
- 21 **total** practice sessions on Purple Belt @ Home Worksheet
- Complete On Mission Spiritual Fitness – Purple Belt

Please ask your instructors if you need any assistance.



This stripe will be awarded when student has submitted these papers.

- | | |
|--|---|
| <input type="checkbox"/> Roundhouse Ball Kick | <input type="checkbox"/> Kempo “G” (R & L) (no extension) |
| <input type="checkbox"/> Ridge Hand Strike | <input type="checkbox"/> Kempo “H” (R & L) |
| <input type="checkbox"/> Riken Strike | <input type="checkbox"/> Extension to Kempo “C” (R & L) |
| <input type="checkbox"/> Back Hand Strike/Block | <input type="checkbox"/> DM #5 (R & L) |
| <input type="checkbox"/> Corkscrew Punch | <input type="checkbox"/> Stabbing Knife #1 (R & L) |
| <input type="checkbox"/> 8-Point Soft Blocks | <input type="checkbox"/> PINAN TWO (complete) |
| <input type="checkbox"/> LEVEL TWO – Ground | <input type="checkbox"/> Purple Belt Line Drill #3 |
| <input type="checkbox"/> Bent Arm Bar Defense (#8) | |



Your Instructor will invite you to test for your Purple Belt.