

PURPLE BELT @ HOME WORKSHEET

Hand Strikes (each □ = 50 repetitions)

Tiger Claw Strike (R) □ (1,000)
Tiger Claw Strike (L) □ (1,000)
Ridgehand Strike (R) □ (1,000)
Ridgehand Strike (L) □ (1,000)
Cross Hand Shuto (R) □ (1,000)
Cross Hand Shuto (L) □ (1,000)
Spear Hand Poke (R) □ (1,000)
Spear Hand Poke (L) □ (1,000)

Kicks (each □ = 25 repetitions)

Crescent Kick (R) □ (500)
Crescent Kick (L) □ (500)
Reverse Crescent Kick (R) □ (500)
Reverse Crescent Kick (L) □ (500)

Blocking Set (each □ = 10 repetitions)

8 Pt. Soft Blocks w/footwork □ (100)

Techniques (each □ = 10 repetitions right and left-handed)

DM#2 □ (500)
DM#5 □ (500)
DM#18 □ (500)
Kempo G □ (500)
Kempo H □ (500)
Kempo I □ (500)
Kempo B with extension □ (500)
Stabbing Knife #1 □ (500)
Side Club #2 □ (500)
Slashing Knife #1 □ (500)

Forms (each □ = 1 repetition facing 4 directions)

PINAN TWO □ (25)
KATA ONE □ (25)

Line Drill (each □ = 2 minutes continuous)

Purple Belt Line Drill (#3) □ (40min)

Scripture Memory (each □ = 5 repetitions)

Ephesians 6:10-11 □ (100)