Young Warriors – PURPLE BELT @ HOME WORKSHEET

<i>Hand Strikes</i> (each \Box = 50 repetitions)														
Side Hammer Strike	(R)												J (1	,000)
Side Hammer Strike (L)														
Reverse Hammer Strike (R)													J (1	,000)
Reverse Hammer Strike (L)													J (1	,000)
Rising Chicken Wrist (R)] (1	,000)
Rising Chicken Wrist (L)														
Tiger Claw Strike (R)														
Tiger Claw Strike (L)													•	
Ridgehand Strike (R)													•	, ,
Ridgehand Strike (L)													•	, ,
(-)													_ (-	,,,,,,
Kicks (each $\Box = 25$ repetitions)														
Back Kick (R)												J (5	500)	
Back Kick (L)													•	•
Crescent Kick (R)													•	•
Crescent Kick (L)													•	,
Reverse Crescent Kick (R)													_	-
Reverse Crescent Kick (L)													•	,
THE VOICE OF COUCHE THE	(=)									_			_ (5	,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,
Blocking Sets (each $\Box = 10$ repetitions)														
8 Pt. Hard Block Set w/counters				пп	П	пп	ПГ	1 🗆 1	пп	П	пп	ПГ	٦ (2	(00)
8 Point Soft Block Set														
8 Point Soft Block Set														
Techniques (each $\Box = 10$ repetitions right and left-handed)														
DM#3 complete								1 🗆 [٦П	П	пп	ПГ	1 (5	00)
DM#2														
DM#5													•	500)
Kempo E													•	500)
Kempo F													•	500)
Kempo B with extension													•	500)
													_ (-	/
Kempo H								, — . 1 — 1	 				1 (5 1 (5	:00)
Stabbing Knife #1														
Stabbing Kille #1			⊔⊔	υυ	ш	υυ	шц			ш	υ⊔		ב) ב	100)
<i>Forms</i> (each □ = 1	renetition)													
PINAN ONE					П		пг			П	\neg	пг	7 /2	5)
PINAN TWO								1 () (2 ر د 1 ر	.5) :5\
PINAIN IVVO			шш	υυ	ш	υυ	шц	וטו	шШ	ш	υυ	ш	2) لـ	.5)
Line Drill (each $\Box = 2$ minutes continuous)														
Line Drill (each \Box = 2 minutes continuous) Purple Belt Line Drill (#3) \Box														
ruipie beit Lilie Dilli	(#3)		шш		ш			ישי		ш		ш	-) د	rommi)
Scrintura Mamory	(each □ - l	5 ranatiti	one)											
Scripture Memory (each $\square = 5$ repetitions) Ephesians 6:10-11 $\square \square $														
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Dates of Home Practice:														