Young Warriors – PURPLE BELT @ HOME WORKSHEET

Hand Strikes _(each ☐ = 50 repetitions)_

Side Hammer Strike (R)	☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐	(1,000)
Side Hammer Strike (L)	☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐	(1,000)
Reverse Hammer Strike (R)	☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐	(1,000)
Reverse Hammer Strike (L)	☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐	(1,000)
Rising Chicken Wrist (R)	☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐	(1,000)
Rising Chicken Wrist (L)	☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐	(1,000)
Tiger Claw Strike (R)	☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐	(1,000)
Tiger Claw Strike (L)	☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐	(1,000)
Ridgehand Strike (R)	☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐	(1,000)
Ridgehand Strike (L)	☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐	(1,000)

Kicks _(each ☐ = 25 repetitions)_

Back Kick (R)	☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐	(500)
Back Kick (L)	☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐	(500)
Crescent Kick (R)	☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐	(500)
Crescent Kick (L)	☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐	(500)
Reverse Crescent Kick (R)	☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐	(500)
Reverse Crescent Kick (L)	☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐	(500)

Blocking Sets _(each ☐ = 10 repetitions)_

8 Pt. Hard Block Set w/counters	☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐	(200)
8 Point Soft Block Set	☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐	(200)

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

DM#3 complete	☐☐	(500)
DM#2	☐☐	(500)
DM#5	☐☐	(500)
Kempo E	☐☐	(500)
Kempo F	☐☐	(500)
Kempo B with extension	☐☐	(500)
Kempo G	☐☐	(500)
Kempo H	☐☐	(500)
Stabbing Knife #1	☐☐	(500)

Forms _(each ☐ = 1 repetition)_

PINAN ONE	☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐	(25)
PINAN TWO	☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐	(25)

Line Drill _(each ☐ = 2 minutes continuous)_

Purple Belt Line Drill (#3)	☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐	(40min)

Scripture Memory _(each ☐ = 5 repetitions)_

Ephesians 6:10-11	☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐	(100)

Dates of Home Practice:

☐ ☐