

Tracy's Kenpo Karate

Purple Belt Requirements

1. STRIKING MACE
2. CROSSING TALON (ABC)
3. CIRCLING ELBOWS
4. LOCKING ARM (AB)
5. WINDMILL GUARD (AB)
6. SPIRALING WRIST (AB)
7. CRASH OF THE EAGLE PART II (ABC DEFGHI)
8. ENCIRCLING ARMS (ABCD)
9. RISING ELBOW
10. GUARDING THE WALL
11. EAGLE PIN
12. STRIKING FANG (AB)
13. SHACKLE BREAK (ABC)
14. DRAWBRIDGE (AB)
15. FULL NELSON
16. KUNG FU CROSS
17. DIVIDED SWORDS (AB)
18. GIFT
19. OPENING COWL (AB)
20. SLICING DRAGON
21. ASCENDING TO HEAVEN (ABC)
22. RAISING THE SWORD
23. ARM HOOK (AB)
24. CROSSING THE SUN (ABC)
25. ATTACK FROM THE TEMPLE (AB)
26. BOWING TO BUDDHA (AB)
27. DART
28. COVERING TALON
29. WING BREAK (AB)
30. "U" PUNCH

Forms:

Long 1

Short 2