

# Purple (6<sup>th</sup> Kyu) to Green Belt (5<sup>th</sup> Kyu)

## Stripe Guidelines

<b>WHITE</b>	25 Jumping Jacks, 15 Burpees, 20 Karate Leg Stretches, 40 Mountain Climbers, 20 Sit-ups, 20 Push-ups, Jog in place for 2 minutes
<b>GREEN</b>	Double Block (Middle/Low), Elbow Block, Back fist, Chase Punch., & Spinning Back
<b>BLUE</b>	Two Hand Front Choke Defense Before & After
<b>YELLOW</b>	Purple Belt Ippon 1 & 2; Test Sparring for 2 minutes (No Contact)
<b>BLACK</b>	Pinan Sandan
<b>RED</b>	Leadership: Commitment & Responsibility
<b>ORANGE</b>	Optional - Special Projects, Advanced Activities Bonus Kata - Ananku Sho (Matsubayashi)

## Basic Test Requirements

Exercises

Basics

Purple Belt Ippon 1 & 2

Pinan Sandan

Two Hand Front Choke Defense Just Before & Immediately After

Test Sparring

## Orange Stripe Kata

Ananku Sho (Matsubayashi)

## Details:

*All Ippon drills alternate both sides, left and right.*

### **Purple Belt Ippon 1**

Attacker: Right Step & Right High Lunge Punch.

Defender: Left Step Forward into Walking Stance & Left Open Hand High Block. Right Spear Hand Strike/Chop to Throat/Eyes.

### **Purple Belt Ippon 2**

Attacker: Right Step & Right Middle Lunge Punch.

Defender: Left slide backward and to the outside of your opponent 45 ° into Right Cat Stance & Right Shuto Block. Right Grab & Right Side Kick to Ribs/Armpit.

**Leadership** (copy and complete the form in back of booklet to earn your stripe)

*Commitment* – is when you decide to do whatever it takes.

*Responsibility* – is taking full responsibility for your actions.