

Formal Purple Belt Testing Requirements Guide

Punches

- Jab
- High Punch
- Back Fist
- Middle Punch
- Front Hook
- Uppercut

Physical Fitness

- Push-ups
- Horse Stance

Self-Defenses

- Headlock
- Push
- Haymaker
- Break Fall
- Outside Wrist Grab
- Front Headlock

Combination Kicks

- Sliding Double Round Kick

Basic/Power Kicks

- Offensive Front Kick (Power Kick)
- Turning Round Kick (Power Kick)
- Sliding Round Kick
- Sliding Side Kick (Power Kick)
- Defensive Side Kick (Power Kick)
- Defensive Front Kick

Combinations

- Jab, high punch, front kick
- Slide up jab, stepping middle punch
- Jab, sliding round kick, high punch
- High punch, front kick, sliding side kick, high punch