

Name: _____

PURPLE BELT

Tested:

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|------------|--|-------------------------|
| ___/___() | 1. TWIRLING WINGS (rear-two hand shoulder grab) | 1 st Stripe: |
| ___/___() | 2. SNAPPING TWIG (front-left hand chest push) | 2 nd Stripe: |
| ___/___() | 3. LEAPING CRANE (front-right step through punch) | 3 rd Stripe: |
| ___/___() | 4. SWINGING PENDULUM (front-right roundhouse kick) | 4 th Stripe: |
| ___/___() | 5. CRUSHING HAMMER (rear-bear hug, arms pinned) | |
| ___/___() | 6. CAPTURED LEAVES (right flank left finger lock) | |
| ___/___() | 7. EVADING THE STORM (front-right overhead club) | |
| ___/___() | 8. CHARGING RAM (front tackle) | |
| ___/___() | 9. PARTING WINGS (front-two hand push) | |
| ___/___() | 10. THUNDERING HAMMERS (front-right step through punch) | |
| ___/___() | 11. SQUEEZING THE PEACH (rear-bear hug, arms pinned) | |
| ___/___() | 12. CIRCLING WING (rear-two hand choke, arms bent) | |
| ___/___() | 13. CALMING THE STORM (front-right roundhouse club) | |
| ___/___() | 14. DARTING MACE (front-two hand wrist grab) | |
| ___/___() | 15. HOOKING WINGS (front-two hand low push) | |
| ___/___() | 16. SHIELD AND SWORD (front-left step through punch) | |
| ___/___() | 17. GIFT IN RETURN (front-handshake) | |
| ___/___() | 18. BOW OF COMPULSION (front wrist lock against chest) | |
| ___/___() | 19. OBSTRUCTING THE STORM (front-right overhead club) | |
| ___/___() | 20. TWIN KIMONO (front-two hand lapel grab, pushing out) | |
| ___/___() | 21. SLEEPER (front-right step through punch) | |
| ___/___() | 22. SPIRALING TWIG (rear-bear hug, arms free) | |
| ___/___() | 23. CROSS OF DESTRUCTION (rear-two hand choke) | |
| ___/___() | 24. FLIGHT TO FREEDOM (rear-right hammerlock) | |

FORMS & SETS & BASICS

SHORT FORM #2

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___/___()
starting date

___/___()
finishing date

COORDINATION SET #1

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___/___()
starting date

___/___()
finishing date

STANCE SET #1

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___/___()
starting date

___/___()
finishing date

Stances

One-Leg
Cat (45 degree)
Front Twist
Rear Twist

Blocks

Push-Down
Cross
Universal

Finger Techniques

Vertical Finger Thrust
Upward Thrust (palm up)
Overhead Whip

Kicks

Front Thrusting Ball
Side Thrusting Knife Edge
Thrusting Sweep Kick
Back Thrusting Heel

Punches

Horiz. Roundhouse
Vert. Thrusting Back Knuckle
Vert. Snapping Back Knuckle

Strikes

Inward Horiz. Forearm
Outward Horiz. Forearm
Inner Diagon. Wrist
Outside Downward

Parries

Inside Downward

Foot Maneuvers

Push-Drag
Front Crossover
Rear Crossover

CREED:

“I hold the art of Kenpo sacred, and freely take upon myself the obligation and responsibility that I shall never misuse my skill to hurt or make afraid. I shall fight only if forced to defend myself, and shall be slow to anger, loath to take offense, quick to forgive and forget personal affront.”