



PURPLE BELT - 3rd. Rokkyu

Objective:	Good kicks and power in the punches
Stances:	Back stance, rotation with the dragon stance
Hand strikes:	Driving hammer, inverted/reverse hammer with pivot, backhand, immortal man, trigger finger, ridge hand, inverted ridge hand, tiger's mouth, uppercut
Leg strikes:	Roundhouse traditional and kempo, spinning back kick, butterfly, stepping stool, axe kick
Blocks:	Eight point blocking with open hands and natural strikes, parry block, windmill, dropping palm
Combinations:	#4, #18
Animals:	Snake Takes A Pillar, Dancing Crane, Tiger Downs A Prey
Forms:	Heian Nidan
Drill:	Sparring, shadow boxing, reaction drills, and kata combinations
Falls:	Revision and combinations, over an obstacle, forward roll standing, and rising to meet a punch with a technique
Takedowns:	Ippon throw, scissor
Jujitsu:	Head lock front and side, double lapel (belt), front ball kick counter
Knife:	Pointed at the neck, straight to stomach
Knowledge:	Read Ginshin Funakoshi's "Karate-Do"