

## Purple Belt Stripe Requirements

### Stripes

- 1.) New Techniques
  - 👤 Slow punch in a sitting stance (3 seconds), Two fast punches
  - 👤 Slow hooking block (3 seconds) with both sides, Fast punch in a front stance
- 2.) New Techniques
  - 👤 Rear leg side kick, Reverse elbow strike (land in a front stance)
  - 👤 Double knifehand square block in a back stance, Step spearhand strike
- 3.) New Techniques
  - 👤 Jump back fist, Land in X stance
  - 👤 Double inner forearm block in a front stance
- 4.) Sparring
  - 👤 1 round of sparring (Blocking Only)
- 5.) Demonstrate the Purple Belt Form
  - 👤 Demonstrate entire form with no mistakes and a lot of power
  - 👤 State the name and number of moves in this form

**Testing for Sr. Purple Belt is \$45.00**