

## PURPLE 1 BELT

Name \_\_\_\_\_ Age \_\_\_\_\_ DOB \_\_\_\_/\_\_\_\_/\_\_\_\_

Telephone# \_\_\_\_\_ Last Promotion \_\_\_\_\_

<b>Attendance</b> (min. 30 classes)					<b>PURPLE BELT 1 REQUIREMENTS</b>
1	2	3	4	5	<p><b>A) TE WAZA</b> Mawatte Uraken-Spinning backfist</p> <p><b>B) KERI WAZA</b> Nidan Mawashi Geri-Double roundhouse kick (low/high) Mawatte mikazuki geri-Spinning crescent kick Tobi mae geri-Jump front kick Tobi Yoko geri-Jump Side Kick</p> <p><b>C) KATA</b> Passai Sho</p> <p><b>D) KUMITE</b> Iri kumi low kick/ Low kick block Iri kumi soft blocking/elbow blocking Freesparring demonstrating attacking technique <i>Sen no sen</i></p> <p><b>E) KOBUDO</b> Nunchaku ichi no kata</p> <p><b>F) OYO/SELF-DEFENSE</b> Headlock      Full nelson Bear hug (front and behind)</p>
6	7	8	9	10	
11	12	13	14	15	
16	17	18	19	20	
21	22	23	24	25	
26	27	28	29	30	
31	32	33	34	35	
36	37	38	39	40	
41	42	43	44	45	
46	47	48	49	50	
Dues					