

# Purple Belt Requirements

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1. **EAGLE PIN – TWO MAN ATTACK, RIGHT PUNCH FROM FRONT, ARMS FREE BEAR HUG FROM BEHIND**  
Do a right inward block against the front opponent's right punch with a simultaneous right snap kick to the groin of the front opponent's. Set your right foot into a horse stance, circle the arms and drive into the radial nerves on the wrists of your rear opponent. Extend the arms and drive the elbows into the base of the forearms to break the bear hug. Do a left rear "C" step hooking behind opponent's right foot into horse stance. Execute a left elbow and right hammer fist to the head and solar plexus of the 2nd opponent. Follow up with a right defensive wheel kick (*or side kick*) to the 1st opponent. Cover out.
2. **STRIKING FANG – STEP THROUGH RIGHT PUNCH FROM RIGHT SIDE**  
Step right foot to 11:00 while executing a left parry and a right inverted eagle beak to armpit. While your left hand covers your face, right "C" step around opponent's right leg and pin opponent's right leg, while executing a right elbow slam to rib cage. Follow this with a right ridge hand to groin. Cover out.
3. **SHACKLE BREAK (A, B) – DOUBLE WRIST GRAB FROM BEHIND**
  - A. Counter grab the wrists, step left foot to 12:00 into soft bow, raise the right knee into a rear kick position, pull the opponent into a right rear kick and cover out.
  - B. Counter grab the wrists, step left foot to 1:00 into soft bow. Pivot 180 degrees to your right, clockwise circle with right arm and continue through with figure eight ending with a right elbow to opponent's spine. Pull the opponent into a left knee to the ribs. Cover out.
4. **DRAWBRIDGE (A, B) – RIGHT GRAB TO LEFT SHOULDER**  
Counter grab with your left hand to the opponent's grabbing hand. Step up right foot to the outside of the opponent's right leg to 11:00 into a horse stance as you do a right web hand to the throat. Turn to a hard bow to the left, and throw the opponent to the ground over right knee.
  - A. Follow up with a right knee drop to the ribs and a right side fist to the face simultaneously.
  - B. Grab the opponent's wrist with both hands, do a right heel stomp to the rib cage. Do a right dancer step behind the left and drop to the right knee, break the right arm over your left knee.
5. **KUNG FU CROSS – LEFT STEP THROUGH PUNCH**  
Step back right angled horse stance, do a right open hand parry to the opponent's left punching hand followed by a left kung fu wrist hook to the punch as the right hand drops to cover the ribs. Step through right foot to 10:30 into a horse stance. Drive down with your left hand and up with a right inverted punch using the bend of the arm to break the opponent's arm. Follow up with a right hammer fist to the groin. Cover out.
6. **OPENING THE COWL (A, B) – TWO HAND CHOKE FROM BEHIND**
  - A. (Opponent is close) Step right foot to 10:00 into a soft bow. Pivot left to face opponent in a hard bow while executing a right L punch, left outward block against the outside of the opponent's left grabbing arm and a right punch to the ribs. Drive a left corkscrew punch to the opponent's right temple followed by a right punch to the abdomen.
  - B. (Opponent is at arms length) Dancer left foot back to 5:00 to the outside of the opponent's right leg while the left arm comes up to block. Turn to a hard bow to the left as the left arm blocks and the right arm does an elbow to the ribs.

**7. SLICING DRAGON – STEP THROUGH RIGHT PUNCH**

Step left foot to 10:30 with a left inward block to the outside of the right punch. The right hand is raised ready to strike. Turn hard bow to the left, right four-knuckle rake to the temple. Left open hand cover, turn right to a horse as you do a right back fist to the kidney. Turn hard bow to the right, left elbow to the kidney. Shuffle in, turn left soft bow with left back knuckle to solar plexus. Cover out.

**8. RAISING THE SWORD – WRIST GRAB OR HANDSHAKE**

Step your left foot to 1:30 into a horse stance as your left hand slaps your attacker's right hand to 1:30 high. While maintaining control of your attacker's right hand with your right hand, execute a left elbow down into your attacker's ribs. Grab your attacker's right wrist with both hands. Execute a "C" step with your left foot to 10:30 as you swing your attacker's arm clockwise to 10:30 as well. While your left hand controls your attacker's right wrist as you execute a right elbow strikes down to your attacker's right ribs. Step your right foot counterclockwise to 9 o'clock. Left your left foot back 180 degrees to 9 o'clock as you face 12 o'clock while your left hand twists your attacker's arm and bend them over face down. Execute a right hammer fist down onto your attacker's right elbow. Cover out.

**9. CROSSING GUARD – OFFENSIVE MOVEMENT**

With hands in guard, cross left over right, step right to horse stance behind the opponent's left foot. Do a right back fist to the face, right grab to the left shoulder, turn the opponent to face you as you shuffle in with the right foot to a soft bow. Do a left elbow slam to jaw. Cover out.

**10. ARM HOOK – RIGHT PUNCH**

Step left foot to 11:00 with left parry to outside of right punch followed by a right outward wrist hook to opponent's right wrist ending with counter grab of wrist. Left palm strike to back of elbow breaking elbow. Left hand follows through to grab opponent's right wrist. While holding opponent's wrist at your waist step left foot to 7:30 utilizing arm whip. Follow this up with a right back knuckle to temple. Cover out.

**11. CROSSING THE SUN (A, B, C) – OVERHEAD CLUB**

Step your left foot up to 10:30 into a soft bow and drive an X-block (right over left) into your attacker's wrist. Grab your attacker's right wrist with your right hand.

- A. As your left forearm applies pressure to your attacker's right elbow, step your left foot to 1:30 forcing your attacker down. Execute a left outward elbow to your attacker's temple followed by a left inward overhead elbow to your attacker's spine. Cover out.
- B. Right foot sweeps back instead of left foot forward followed by same ending.
- C. Grab your attacker's right wrist with your right hand and turn to a hard bow facing the right as you pull your attacker into a left claw to the eyes.

**12. ASCENDING TO HEAVEN – NO ATTACK, RETREATING MOVEMENT**

You are sitting on the floor with your legs crossed. You anticipate a potential attack so you lean forward and push your body up into a soft bow stance. As you get up windmill cover with both arms and then cover out.

**13. ATTACK FROM THE TEMPLE (A, B) – OFFENSIVE MOVE**

Step up right horse stance, right vertical elbow to the jaw as the left hand covers the ribs.

- A. Readjust the left foot and turn left into soft bow. Do a right hammer fist to the groin, left covers face. Cover out.
- B. (*Two opponents*) Follow right hammer fist to the groin on first opponent with a right front snap kick into the groin of the second opponent and cover out.

**14. CROUCHING FALCON – TWO HAND PUSH**

Step up right soft bow while executing double wedging block between the opponent's arms. Do double tiger claw rakes to the eyes followed with left grasp to right wrist pulling down while turning left into a horse stance. Finish with a right vertical elbow to the jaw and a right tiger claw to the eyes, left cover the ribs. Cover out.

**15. OPENING THE FAN – STEP THROUGH RIGHT PUNCH**

Step up left foot to 10:30, left parry to the punch, followed with right arm block sweeping upward continuing through with point of elbow to armpit. Right back knuckle to kidney as right foot steps behind opponent's right foot. Follow this with a right web hand to the throat as the right foot sweeps the back of the leg throwing opponent backwards. Cover out.

**16. WING BREAK – LEFT GRAB TO RIGHT SHOULDER**

With your left hand pin the opponent's hand to your right shoulder as you step to left into a horse stance. Drive a right inward block into the opponent's left elbow to dislocate or break the elbow. Do a right "C" step around and in front of the opponent's left leg. Circle your right arm upward in a counter clockwise motion and grab the opponent's back from under the left arm. Pivot to a hard bow facing 9:00 as you drive the opponent to the ground using the left arm for leverage. Cover out.

**17. BOWING TO BUDDHA – RIGHT KICK OR KNEE STRIKE**

Starting position—on knees left knee on floor, right knee up, or if seated, push up to this same position. From there, do a double hammer fist strike to the attacking limb driving the strike to the left. Do a right inverted hammer fist to the groin. Cover out.

**18. DARKNESS – STEP THROUGH RIGHT PUNCH FROM RIGHT SIDE**

Step out right foot at a 45-degree angle hard bow toward the opponent, do a left brush parry to the punch. Do a right two-finger dart eye-shot to the opponent's right eye. Step left foot through to a horse stance, left palm to the kidney as you rip out against the right eye. Right back fist to the mastoid. Right side kick to the back of the knee, set in right foot to a horse stance. Follow down right elbow slam to head. Cover out.

**19. SWEEPING ARM HOOK – FRONT TWO HAND PUSH**

Step back left foot to 6:00 and do double inward wrist hooks sweeping down. Do a right front snap kick to the groin and plant the right foot forward to a horse stance. Finish with a right vertical elbow to the jaw as the left hand covers the ribs, and then a right tiger claw to the eyes. Cover out.

**20. SPINNING FROM THE SUN – RIGHT OVERHEAD CLUB**

Step up left to 10:30 and X-block to wrist of attacker. Counter grab the wrist and swing the arm down and strike the shinbone with the club. Step through right to a horse stance. Left re-grab to the wrist as you take the club with the right. Lift the left arm overhead and do a left dancer behind the right to a horse stance. Hit the elbow with the club and follow up with a right wheel kick to the face. Cover out.

**21. FLASHING WINGS – STEP THROUGH RIGHT PUNCH**

Step up left to 10:30, left inward block, turn hard bow to left. Right elbow to ribs while left covers face. Do a right elbow to the kidney with simultaneous left claw to face. Turn soft bow to the right and do a right chop to the back of the neck as you turn to a horse stance. Follow up with a left chop to the neck as you turn to a soft bow to the right. Turn hard bow to the left, right palm to nose. Cover out.

**22. PRAYER OF DEATH – RIGHT SNAP KICK**

Starting position is left knee on floor, right knee up. Drive an X-block to opponent's shinbones with right wrist on top. Right hand grabs the heel and the left hand grabs the toes and turns the leg to the right while standing up into a soft bow, flipping opponent onto their stomach. Execute a right front snap kick to the groin, set forward to a right soft bow, double palm thrusts to the kidneys followed by a right heel stomp to spine. Cover out.

**23. STRIKING SERPENT – RIGHT PUNCH**

Hop left to 10:30 into crane while a left inward blocks the punch. Simultaneously perform a right eagle's beak to opponent's eye with a right snap kick. Follow this immediately with a right side kick and a right rear kick. If opponent does a step through punch the targets for the kicks are: Ribs, knee, back. If he does a boxer's punch the targets are: Groin, knee, ribs. Cover out.

**24. CIRCLE OF CHINA – RIGHT SNAP KICK**

Starting position is left knee on floor, right knee up. Perform a left sweeping downward block, palm out to opponent's kick while pivoting your left leg from 6:00 to 4:00. Execute a right hammer fist to groin, fall forward onto left elbow and right hand and execute a right rear kick to groin or abdomen. Cover out.

**25. BLOCKING THE SUN – LEFT, RIGHT PUNCH**

Step back left to 6:00 into horse stance while executing a right upward block to first punch, left cover ribs. Follow this with a right inward block to the second punch with simultaneous shuffle in and left spear hand to ribs. End with right whipping chop to throat. Cover out.

**26. DANCE OF DEATH – RIGHT PUNCH**

Step up left to 10:30, left inward block, turn hard bow to left, right ridge hand to groin. Simultaneously left grab behind opponent's right knee, right elbow slam to solar plexus, step up right horse stance, knocking opponent onto back. Right back fist to the left knee, right whipping back fist to the right knee, right chop to groin. Cover out.

**27. RETURNING THUNDER – RIGHT PUNCH**

Hop left deep to 10:30 with a left parry and right blushing block to opponent's right punch. Execute a right side thrust kick to back of opponent's right knee. Cover out.

**28. THE SERPENT – RIGHT SNAP KICK**

Step left to 10:30 into a soft forward bow as you simultaneously execute a right sweeping downward block to opponent's kick while your left hand remains open to cover your face. Continue with a right thrusting side kick to the back of your attacker's right knee. Cover out.

**29. BROKEN STAFF – LEFT HAND GRAB TO RIGHT SHOULDER**

Use your left hand to pin opponent's left hand to your shoulder. Step up with your left leg to 10:30 and execute a right chop into the opponent's throat. Step back with the left leg to 7:30 as you do a right wrap around to the opponent's left arm. Step up with the right leg into a hard bow as you drive a right inverted punch forward to dislocate the left arm. Move your right arm in a counterclockwise motion executing a back knuckle to mastoid followed by a right chop to neck or bridge of nose. Cover out.

**30. CIRCLING SERPENT – RIGHT PUNCH or OVERHEAD CLUB**

Side left to 9:00 into a soft bow as the left hand does an open hand parry followed by a right outward block to the opponent's right punching arm. Drive a right wheel kick into the opponent's mid-section. Bounce right foot off floor and execute a right axe kick to neck/mastoid area. Cover out.

**31. CHINESE "L" CHOKE – STRAIGHT ARMED TWO HAND CHOKE FROM BEHIND**

Left foot steps back behind right to 4:30, left arm up to block, turn hard bow to left, left outward block to break the choke, right punch to solar plexus simultaneously. Your left hand grabs opponent's left wrist, right forearm into elbow break while stepping right foot up 90 degrees in front of the opponent to a horse. Pull opponent over your right thigh (Crossing Talon Style), right elbow temple, right claw rake to eyes and raise right arm high and drop elbow to spine. Cover out.

**32. STICKS OF SATAN – RIGHT OVERHEAD CLUB**

Step forward left to 10:30 while executing an "X" block, (right hand over left hand) to right wrist of opponent. Grasp opponent's wrist with right hand and golf swing club through shin as you step 180 degrees under arm into a horse stance on right side of opponent's right leg. Drive left elbow into ribs and then step right foot back to original position using arm whip and finish with a right wheel kick to ribs. Cover out.

## Chinese Form 2

NOTE: When performing a form in competition you would normally begin and end with a ceremonial bow. This is not necessary when practicing unless you need practice with the ceremonial bow.

1. Start from a ready stance with (right fist in left open palm) salute, facing 12 o'clock.
2. Step with your right foot forward towards 12 o'clock into a right neutral bow while simultaneously delivering a right inward block and a left back elbow strike.
  - a. Execute a left straight punch while shifting into a hard bow stance, with right rear elbow strike. Follow this with another right inward block and left rear elbow strike while shifting back into a neutral bow stance.
3. Step with your left foot forward towards 12 o'clock into a left neutral bow while simultaneously delivering a left inward block and a right back elbow strike.
  - a. Execute a right straight punch while shifting into a hard bow stance, with left rear elbow strike. Follow this with another left inward block and right rear elbow strike while shifting back into a neutral bow stance.
4. Bring left foot back into cat next to right foot while bringing arms into chest forming an X with left arm on the outside. Step left counterclockwise to face your next imaginary opponent at 9 o'clock into a left neutral bow, while simultaneously delivering a left outward block and a right back elbow strike.
  - a. Execute a right straight punch while shifting into a hard bow stance, with left rear elbow strike. Follow this with another left outward block and right rear elbow strike while shifting back into a neutral bow stance.
5. Step with your right foot to 9 o'clock into a right neutral bow while simultaneously delivering a right outward block and a left back elbow strike.
  - a. Execute a left straight punch while shifting into a hard bow stance, with right rear elbow strike. Follow this with another right outward block and left rear elbow strike while shifting back into a neutral bow stance.
6. Turn counterclockwise to face your next imaginary opponent at 3 o'clock, placing you in a left neutral bow while simultaneously delivering a left upward block and a right back elbow strike.
  - a. While maintaining left upward block execute a right half-fist punch to face of opponent.
7. Step with your right foot to 3 o'clock into a right neutral bow while simultaneously delivering a right upward block and a left back elbow strike.
  - a. While maintaining right upward block execute a left half-fist punch to face of opponent.
8. Bring right foot back into cat next to left foot while bringing arms into chest forming an X with right arm on the outside. Step right clockwise to face your next imaginary opponent at 6 o'clock into a right neutral bow, while simultaneously delivering a right downward block and a left back elbow strike.
  - a. Execute a left straight punch angled down at opponent's abdomen while shifting into a hard bow stance, with right rear elbow strike. Follow this with another right downward block and left rear elbow strike while shifting back into a neutral bow stance.
9. Step with your left foot towards 6 o'clock, into a left neutral bow, while simultaneously delivering a left downward block and a right back elbow strike.
  - a. Execute a right straight punch angled down at opponent's abdomen while shifting into a hard bow stance, with left rear elbow strike. Follow this with another left downward block and right rear elbow strike while shifting back into a neutral bow stance.
10. Turn and step clockwise with your left foot to 12 o'clock into a ready stance with (right fist in left open palm) salute. Thus returning to the form point of origin.

## **FINGER SET #1**

From ready stance, perform ceremonial bow.

Step left into horse stance, arms in chamber. Hold this pose for 2 seconds.

- Do a vertical right spear hand to opponent's ribs.
- Do a vertical left spear hand to opponent's ribs while executing a right back elbow to rear attacker's ribs.
- Do a horizontal (palm up) right spear hand to opponent's throat while executing a left back elbow to rear attacker's ribs.
- Do a horizontal (palm up) left spear hand to opponent's throat while executing a right back elbow to rear attacker's ribs.
- Do a horizontal (palm down) right spear hand over left shoulder to rear attacker's face while executing a left back elbow to rear attacker's ribs.
- Do a horizontal (palm down) left spear hand over right shoulder to rear attacker's face while executing a right back elbow to rear attacker's ribs.
- Drop your left hand to the back of your right elbow and execute a two-finger flick to opponent's left eye.
- Bring your right hand to the back of your left elbow and execute a two-finger flick to opponent's right eye.
- Drop your left hand to the outside of your right elbow and execute a two-finger strike to opponent's inner left thigh
- Bring right hand up behind left elbow and execute a two-finger strike to opponent's inner left thigh.
- Do a right tiger claw to face with simultaneous left rear tiger claw to rear opponent's groin.
- Do a left tiger claw to face with simultaneous right rear tiger claw to rear opponent's groin.
- Do a right two-finger thrust strike to opponent's left temple while executing a left back elbow to rear attacker's ribs.
- Do a left two-finger thrust strike to opponent's right temple while keeping right two-finger strike in place.
- Execute double downward tiger claw rakes to face followed with double downward back-knuckles to face, ending with arms in chamber, while stepping left foot back to ready stance.

Finish with ceremonial bow.