



PURPLE BELT

6TH KYU

Kung Fu Lore - Novice

Defense Techniques

- Striking Mace
- Crossing Talon (a,b)
- Circling Elbows
- Locking Arm
- Windmill Guard
- Spiraling Wrist
- Flight of The Eagle
- Encircling Arms (a,b,c,d)
- Rising Elbow
- Guarding The Wall
- Eagle Pin
- Striking Fang
- Shackle Break (a,b)
- Drawbridge (a,b)
- Full Nelson

Katas

Short 2 (Lion)

Lesson: ① ② ③ ④ ⑤ ⑥
Know: ① ② ③ ④ ⑤ ⑥

Kicks

- Inverted Side / Wheel
- Shuffle Side – 4
- Spinning Side – 2
- Crossing Side – 2
- Front Thrust - 3

Basic Motions – Forward Stance

- Downward Block – Punch
- Snap Kick – Downward Block – Punch
- Inward Block – Punch
- Snap Kick - Inward Block – Punch
- Upward Block – Punch
- Snap Kick - Upward Block – Punch
- Outward Block – Punch
- Snap Kick - Outward Block – Punch
- X-Block High
- X-Block Low

Teaching: Internal Strength and Nobility

Defense Techniques

- Kung Fu Cross
- Divided Sword
- Gift
- Opening Cowl (a,b,c)
- Slicing Dragon
- Ascending To Heaven (a,b,c)
- Raising The Sword
- Arm Hook
- Crossing The Sun (a,b,c)
- Attack From The Temple (a,b)
- Bowing To Buddha (a,b)
- Dart
- Covering Talon (a,b)
- Wing Break
- U Punch (a,b)

Long 2 (Great Lion)

Lesson: ① ② ③ ④ ⑤ ⑥ ⑦ ⑧
Know: ① ② ③ ④ ⑤ ⑥ ⑦ ⑧

Hand Forms

- Scorpion
- Cobra / Viper
- Eagle
- Panther
- Tiger

Combination Drills

- Back Fist – (SB) Side Fist
- (SB) Side Fist – Inverted
- Inverted – (SB) Back Fist
- (SB) Side Fist – Hook
- Back Fist – Short Side Fist
- Jab – Hook
- Back Fist – (SB) Inverted
- Jab – (SB) Hook
- Shuff Whl/Cross Whl/Spin Whl
- Shuff Side/Cross Side/Spin Side (2)

Print out and use the to track progress. Fill out the first circle to indicate you have completed the lesson. Fill in the second circle once you are confident with the movement. Fill in the circles for each Kata Portion under the Kata's name as you learn them.