



## 4<sup>th</sup> Kyu – Purple Belt Course

### Techniques

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Pushes:	1. Triggered Salute	Straight Right Push
Bear Hugs:	2. Crashing Wings	Rear Bear hug (Arms Free)
	3. Striking Serpent's Head	Front Bear hug (Arms Free)
	4. Crushing Hammer	Rear Bear hug (Arms Pinned)
Chokes	5. Twirling Wings	Rear Choke
	6. Circling Wing	Rear Choke
Punches	7. Five Swords	Right hooking punch
Grabs:	8. Crossing Talon	Right Crossed Wrist Grab
	9. Fatal Cross	Attempted Waist Grab
	10. Crossed Twigs	Rear Two-hand Grab to Wrists
	11. Conquering Shield	Left stiff-arm Lapel Grab
Locks:	12. Locked Wing	Hammer Lock
	13. Wings of Silk	Rear Two-arm Lock
Holds:	14. Scraping Hoof	Attempted Full Nelson
	15. Grip of Death	Side Head Lock
Kick	16. Circle of Doom	Right Kick

### Sets

### Forms

### Basics

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Hand Set	Short Form One	As per Basics Sheet
Foot Set	(Blocking Form) (R & L)	
Blocking Set	Form One	
Elbow Set	Form Two	
Punch Set		
Sparring	Free Style Sparring Sequences A to H	

### Notes:

1. **Crashing Wings** and **Crushing Hammer**: Do not teach the take-down to students at this stage. The take-down can be introduced at Green Belt level after the student has learned how to fall and roll.