

PURPLE BELT



Kenpo Purple Belt Requirements



Techniques

1. Ram's head
2. The Shield
3. Chinese servant
4. Crouching cat
5. Lifting the chopsticks -- A, B
6. Slaying the dragon
7. Sacred chopsticks
8. Sacred spike
9. Sacred sacrifice
10. Cocking the bow
11. Eagle's grasp
12. Fluttering leaves
13. Twisted wing -- B, C, D, E
14. Flapping wing C, D, E
15. Descending arrow C, D, E
16. Clinging Vines
17. Broken Honor B
18. Ox Cart A

Kata

- Long Kata form I
- Short Kata form II

Basics

- Shield block
- Parries
- Smother blocks
- Crescent kicks, inner and outer
- Spinning rear kicks
- Side Kick
- Three way kick to the front
- Scoop kick
- Knife edge thrust kick
- Lunge kick
- Chicken wheel kick combination

Supplemental Techniques

- Broken hourglass
- Flashing thong
- Hidden Key A, B
- Key to the Sword
- Snapping the limb
- Sting of the Bee (obsolete)
- Seven gifts from the Earth
- Lightening Flash A, B, C (obsolete)
- Burning Cinders
- Broken Honor A
- Charging bull D, E

Supplemental Basics

- Inward Downward Block
- Inverted Downward Block
- Windshield Wiper Block
- Leg Sweep
- Wheel Kick (plant back)
- Crescent/Rear Kick Combination
- Crescent/Spinning Rear Kick Combination

PURPLE BELT TECHNIQUES

1. RAM'S HEAD (Right punch)

- a. Step forward with left to a right rear horse with a left upward block.
- b. Right horizontal elbow smash to his ribs as your horse becomes a kneel.
- c. Left elbow smash as you return to your horse stance.
- d. Simultaneous left vertical outward block and right half-fist to throat.
- e. Cover out.

2. THE SHIELD (Right punch)

- a. Step forward and to your left into a right rear horse as you do a right shield block. Continue circling the block into a right reverse hand-sword to the groin.
- b. Claw at the face with a left pushing motion. (clear the arm)
- c. Shuffle forward with a right elbow smash to the solar plexus or face.
- d. Cover out.

3. CHINESE SERVANT (Right punch from your right side)

- a. Step with your right foot toward the attacker with a windshield wiper block.
- b. Right backhand or elbow smother to push his right arm down.
- c. Follow immediately with a palm strike to the chin.
- d. Cover out.

4. CROUCHING CAT (Left punch from the right side).

- a. Step to your left and execute a right extended outward chopping block as you draw into a right cat stance facing the attacker.
- b. Right snap kick to the groin or knee and plant forward. Execute a right four-fingered eye strike.
- c. Your right hand grabs clothing at attacker's left shoulder. Pull him in, driving an inverted left finger thrust into his throat as you assume a short left bow.
- d. Cover out.

5. LIFTING THE CHOPSTICKS, A VARIATION (Right overhead club attack)

- a. Left foot steps forward and to your left as you chopsticks block at his wrist with your right hand on top. Grab the back of his right wrist with your right hand.
- b. Apply and maintain pressure to the back of his right elbow as you rotate your left arm to an inward block position and step in front of his body bending him over.
- c. Cock your left arm by your right shoulder and drive a left elbow through his right temple. Raise your left arm high in the air and drive the left elbow down into his upper spine or back of neck.
- d. Cover out.

5. LIFTING THE CHOPSTICKS, B VARIATION (Right overhead club attack)

- a. Left foot steps forward and to your left as you chopsticks block at his wrist with your right hand on top. Grab the back of his right wrist with your right hand.
- b. Apply and maintain pressure to the back of his right elbow as you rotate your left arm to an inward block position.
- c. Take a right hidden foot.
- d. As you pivot into a horse, the pressure on your arm will swing him around.
- e. Right wheel kick into the body.
- f. Cover out.

6. SLAYING THE DRAGON, A VARIATION. (Right punch)

- a. Step back with your right foot into a right rear horse as you parry the punch past your right shoulder (your right hand is thumb down and left hand is thumb up).
- b. Raise your right arm high and take double hammer-fists to his back and the base of his skull as your right knee drives into the attacker's body.
- c. Cover out.

7. SACRED CHOPSTICKS, (Right kick at you while on left in kneel position)

- a. Chopsticks block with the right hand on top to block the kick. Right hand grabs heel of foot while left hand grabs ball and toes of foot.
- b. Twisting twist foot clockwise to the right of your knee. Continue to hold onto the foot.
- c. Stand up, left snap kick to the groin from behind, plant forward double palm strike to kidneys. Right heel stomp to the man's spine.

8. SACRED SPIKE, (Right knee attack while you're in a left kneeling position)

- a. Right smother block which focuses to an inward block to pull the man forward and open target area.
- b. Strike up into the groin with the back of right elbow.

9. SACRED SACRIFICE, (Right kick from the left knee)

- a. Right palm in block as you turn your body to the left.
- b. Execute right hammer-fist up into the groin.
- c. Sacrifice away from the attacker with a right rear kick.

10. COCKING THE BOW (Left punch)

- a. Step back into a left rear horse with a right upward block.
- b. Left forward bow with a left palm thrust to the chin.
- c. Right speed chop to the throat as you shift into a right reverse bow.
- d. Cover out.

11. EAGLE'S GRASP (Right shoulder grab from right side by his left)

- a. Grab and pin his hand with your left hand as you step forward with your left foot; right speed chop to his throat.

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- b. Step back with left hidden foot as you circle your right arm clockwise over his arm (keeping his arm bent). Continue this motion into an inverted punch position as you pivot to a horse to dislocate the man's shoulder.
- c. Drop your right arm and circle counter-clockwise for a glancing back knuckle strike through the base of the skull as you step forward with your left.
- d. Finish with a right speed chop to his throat.
- e. Cover out.

12. FLUTTERING LEAVES (Front 2-hand push)

- a. Step back into a right rear horse and double extended open hand blocks. Drive a right palm-up chop into the man's lower left ribs. Follow with a left chop to the throat.
- b. Right finger strike to the solar plexus, left reverse chop to the groin.
- c. Cover out.

13. TWISTED WING, B VARIATION (Right arm lock of your right arm by his right, palm down)

- a. Step forward with your left foot and take a right downward hammer fist strike to break the grip (strike towards the groin).
- b. Pivot and left punch to his face or body.
- c. Cover out.

13. TWISTED WING, C VARIATION (Right arm lock of your right arm by his right, palm up)

- a. Step back with your left foot and take a left elbow strike to his left temple or face. Counter-grab his right wrist with your right hand.
- b. Left cross-step forward, pivot around and step back with the right as you keep control of his wrist. Take a left chicken-kick into the ribs or solar plexus.
- c. Cover out.

13. TWISTED WING, D VARIATION (Right arm lock of your right arm by his right, palm up)

- a. Step forward with your right foot, counter-grab his right wrist with your right hand, and pull, and take a left elbow strike that continues through the face, over the arm counterclockwise, to an inverted punch injuring his elbow. Keeping pressure on his elbow, step back to a right hidden foot, and then pivot to a horse swinging the opponent forward.
- c. Follow with a right knee-smash to face or body.
- d. Cover out.

13. TWISTED WING, E VARIATION (Right arm lock of your right arm by his left hand, palm down)

- a. Step forward with your right foot, counter-grab his right wrist with your right hand, and take a left elbow strike into his straightened elbow.
- c. Follow with a left hammer-fist to the groin.
- d. Cover out.

14. FLAPPING WING; C VARIATION , (2-hand lapel grab)

- a. Pin the attacker's hands to your body with the left hand. As you step back with your left foot, your right hand comes over the top of his arms for a four - finger eye strike.
- b. Right smothering block sharply into both of his forearms to drive his hands off. Follow with a right speed chop to the throat.

14. FLAPPING WING; D VARIATION , (Same attack)

- a. Pin hands to your body with the left hand and step back with left foot. Raise right arm to inward block position.
- b. Do a right raking back-knuckle across his nose; return with a glancing back - knuckle through face or temple (a figure 8 motion).
- c. Right smother block sharply into both arms to drive his hands off. Follow with a right speed chop to the throat.

14. FLAPPING WING, E VARIATION ,(Same attack)

- a. Pin his hand to your chest with your left hand as you step back into a left rear horse. Bring your right arm up in an upward block manner into his elbows to break or injure one or both of them.
- b. Straight right key to the solar plexus.
- c. With your left hand clear his hands to your left as you take a left hidden foot.
- d. Pivot to horse with a horizontal elbow strike to the kidney.
- e. Cover out.

15. DESCENDING ARROW, C VARIATION (Right shoulder grabbed by right hand from behind)

- a. Cross-step to the right side with your left foot. As you pivot around to face the attacker in your left rear horse, bring your right elbow high and drive down to clear the attacker's arm.
- b. Right elbow strike upward to chin.
- c. Right downward claw to face.
- d. Cover out.

15. DESCENDING ARROW, D VARIATION (Same attack; but you can't elbow the arm off)

- a. Drop and do a right hammer-fist to the groin
- b. Follow with a right rear kick to groin or solar plexus.
- c. Cover out.

15. DESCENDING ARROW, E VARIATION (Right shoulder grabbed by right hand from behind)

- a. Cross-step to the right side with your left foot. As you pivot around to face the attacker in your left rear horse, bring your right elbow high and drive down to clear the attacker's arm.
- b. Right elbow strike through his left temple.
- c. Back elbow strike to his face.
- d. Cover out.

16. CLINGING VINES (Two man attack, each man grabs one of your wrists)

- a. Right hidden foot as you pull the man on your right toward you, and punch toward the attacker on the left.
- b. Follow with a right knife-edge to the leading knee of the man on your right.
- c. Your right foot cross-steps. Sweep the man on your left with your left foot to his leading ankle, and then left knife-edge to his other knee.
- d. Cover out.

17. BROKEN HONOR , B VARIATION (Handshake, but he is going to hit you with a left)

- a. Left foot steps forward as you slap and counter grab his right hand with your left hand, swinging his hand from your left to right, high into the air.
- b. Strike with your left elbow into his right underarm, your right hand is still controlling his right hand. Re-grab his right hand with your left.
- c. Swing his hands down and then up to your left as you pivot to a right kneel, striking with a right elbow to his ribs. Continue to control his hand with your left.
- d. Right foot steps forward as you proceed under the attacker's arm to behind him.
- e. Hidden foot with your left foot, pivot, and you are now in a left rear horse facing the man. Break his right arm at his elbow with your right forearm.
- f. Cover out.

18. OXCART, A VARIATION , (Rear choke or double shoulder grab from rear)

A. Step with the left foot to your left and grab onto the attacker's hands with both of yours. Take a right hidden foot past your left foot and pivot into a right rear horse while ducking your head and maintain control of attacker's hands. The attacker's arms will be crisscrossed with his left arm on the top.

B. Right snap kick to his left knee or left ribs and plant forward. At this position you will break his left arm at the elbow by straightening and pulling the arm in toward you with your left hand, as you push his right arm up against it with your right hand, your right palm will be up.

C. After the break, drop the arms and right back elbow spike into the solar plexus or ribs, and right hammer-fist to the groin.

SUPPLEMENTAL PURPLE BELT TECHNIQUES

1. BROKEN HOUR GLASS, (Right shoulder grabbed by his right hand with a straight Arm)

- A. Grab his right hand with your right hand as you step forward with left foot and strike with your left inward block into his right elbow.
- B. Step in front of his leg with your left foot and by applying pressure with your left arm into his right elbow, bend him forward and over.
- C. Left elbow spike to his temple. Raise the left arm high above his head and drive the left elbow into either his neck or mastoid region.

2. FLASHING THONG (Right punch)

- A. Step to the left front as you draw your right foot into a cat stance and do a right extended outward chopping block.
- B. Right snap kick to the ribs, right knife-edge to his right knee and finish with a right rear kick to his spine, neck or back of head.

3. HIDDEN KEY: "A" variation, (Lapel grab pulling you in)

- A. Step into the man (as he pulls you in) with your right foot as you pin his hands to you with your left hand. Use a right key in an inverted punch position into his solar plexus.
- B. Simultaneous right foot scoop kick to the man's groin and a left chop to the throat.
- C. Right knife - edge down into his left knee.

3. HIDDEN KEY: "B" variation, (Same attack)

- A. Same as step " A" of "A" variation.
- B. Drop the right key down to your right hip and then circle the right arm up. Drive the right elbow down between his arms to break the grab.
- C. Follow with a right upward elbow into his chin and finish with a right downward claw to his face.

4. KEY TO THE SWORD, (Right shoulder grabbed from right side with his left arm).

A. As you pin his left hand to your shoulder with your left hand, step with your left foot to your left. Right key (with the palm facing you) up into his nerve in the triceps region.

B. Now drive a right key into his underarm with the hand in a kenpo punch position. Drop your right arm down to your right hip and circle it counterclockwise until you have raised it high and then drive the right elbow in front of his left arm. This will break his hold.

C. Follow with a right speed chop to the throat.

5. SNAPPING THE LIMB, (Left punch)

A. Step back with the left foot into a left rear horse grabbing the punching wrist with your left hand directing it toward your left side. Right side palm into his left elbow to break the arm. Continue the motion of the right palm through, and cock the right hand by your left shoulder. From here swing the right back-knuckle from your left to right and strike either the right temple or nose.

B. Shuffle slightly forward and right glancing elbow into his left temple. Continue the hand motion down and grab the groin

C. From here rip up with the right hand at the same time driving the right elbow into his lower jaw.

6. STING OF THE BEE, (Right or Left Jab)

A. Step back to right cat, and execute a right circular parry (peacocks beak counterclockwise).

B. Eyestrike with right index finger.

7. SEVEN GIFTS FROM THE EARTH , Seven falls:

A. Front fall

B. Back fall

C. Side fall

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D. Flip - Flop

E. Rolling around in a circle

F. Forward shoulder roll

G. Backward shoulder roll

8. LIGHTENING FLASH; "A" variation, (Knife thrust to mid - section)

A. Sharply step to your left and turn your hips to the right with a simultaneous left palm block and right circling chop to the back of the attacker's wrist.

B. Circle the right hand down from your right to left and two finger eye scoop into the attacker's left eye.

8. LIGHTENING FLASH; "B" variation, (Same attack)

A. Evade attack as in A variation. Left hand blocks in the manner. Right hand will chop down at his wrist.

B. From here, right four finger eyestrike.

8. LIGHTENING FLASH; "C" variation, (Same attack)

A. Perform same step and block as in "A" of "A" variation and chop down as in "B" variation.

B. Finish the technique by doing the right four finger eyestrike.

9. BURNING CINDERS, (Lapel grab pulling you in)

A. Pin his hands to your body with the left hand as you step forward with your right foot. Add right key to his solar plexus in an inverted punch manner.

B. Left claw rips from right to left across attacker's face.

C. Right elbow smash into his left temple as you steady his head with the left hand, grab the back of his head and with the right hand grab his chin. Snap his neck to your right.

D. Follow with a right palm up chop into either his throat or nose

10. BROKEN HONOR, A Variation (Handshake, but he is going to hit you with a left)

A. Left foot steps forward as you slap and counter grab his right hand with your left hand, swinging his hand from your left to right, high into the air.

B. Keeping your upper left arm horizontal, sharply pull his hand down to break his elbow.

C. Hidden foot with your right foot and swing the man to your right as your pivot. Follow with a right wheel kick.

D. Cover out

11. CHARGING BULL: "D" variation, (Man charging at you but doesn't get ahold of you)

A. Left foot step back and slightly to the right of your right foot. Raise your right hand as you pivot into a left rear horse with a right glancing chop to the back of his neck, right speed chop to his throat.

B. Follow with a knife-edge kick to either his left knee or left floating ribs.

11. CHARGING BULL: "E" variation, (Man charging at you and attempt to grab you around waist)

A. Step back with the left leg into left rear horse, you may grab onto the hair with the left hand and drive a right downward thrusting chop into the back of his neck.

B. His left arm is grabbing your waist. Circle your right arm in a clockwise motion over his arm. Continue motion into an inverted punch position as you pivot into a square horse. His arm must be straight as you break his elbow in the cradle of your right arm.

C. Place your left hand in an open position on the back of his head as you smash his face into your left knee which you bring up sharply plant back and drive a right downward hammer-fist into the mastoid area or back of neck.