



Purple Be It



Once you think you have learned it all, you have learned nothing. Once you think you have found it, you have lost it.

Techniques

- | | |
|----------------------------|---------------------------|
| 1. Eagle Pin | 16. Darkness |
| 2. Shackle Break (2) | 17. Sweeping Arm Hook (2) |
| 3. Crane Leap (3) | 18. Spinning From The Sun |
| 4. Drawbridge (2) | 19. Flashing Wings |
| 5. Kung-Fu Cross (2) | 20. Striking Serpent |
| 6. The Gift | 21. Arching Blades |
| 7. Opening Cowl (2) | 22. Snapping Twig |
| 8. Slicing Dragon | 23. Circle Of China (2) |
| 9. Crossing Guard | 24. Attacking The Wall |
| 10. Arm Hook | 25. Blocking The Sun (2) |
| 11. Reversing Mace | 26. Dance Of Death |
| 12. Attack From The Temple | 27. Returning Thunder |
| 13. Crouching Falcon | 28. The Serpent |
| 14. The Dart (2) | 29. Broken Staff |
| 15. Bowing To Buda | 30. Circling Serpent |

KATA

- | | |
|-------------|--------------|
| 1. Long One | 2. Short Two |
|-------------|--------------|

Kicks

- | | |
|-------------------------|----------------------|
| 1. Crescent Kick | 6. Side-Thrust Kick |
| 2. Crescent - Rear Kick | 7. Hop-Wheel Kick |
| 3. Claw Kick | 8. Hook-Rear Kick |
| 4. Claw Thrust | 9. Rear-Thrust Kick |
| 5. Spinning - Rear Kick | 10. Snap-Thrust Kick |

(Optional Techniques)

- | | |
|-------------------------|--------------------------|
| 1. Striking Fang (2) | 6. Wing Break |
| 2. Divided Swords (2) | 7. Prayer Of Death |
| 3. Raising The Sword | 8. Returning Viper |
| 4. Crossing The Sun (3) | 9. Chinese "L" Choke (2) |
| 5. Opening The Fan | 10. Sticks Of Satan |

Belt Pledge:

I hold the art of KENPO sacred and freely take upon myself the obligation and responsibility that I shall never misuse my skill to hurt or make afraid. I shall fight only if force to defend myself and shall be slow to anger, loath to take offense, quick to forgive, and to forget personal offence.