

PURPLE BELT SELF DEFENSE TECHNIQUES

1. TWIRLING WINGS - (Rear 2 hand stiff arm shoulder grab)
2. SNAPPING TWIG - (Front left hand chest push)
3. LEAPING CRANE - (Front right step through punch)
4. BUCKLING BRANCH - (Front left step through kick)
5. CRUSHING HAMMER- (Rear high bear hug - arms pinned)
6. CAPTURED LEAVES - (Right flank finger lock)
7. CALMING THE STORM - (Front right step through roundhouse club)
8. CROSSING TALON- (Front right cross wrist grab)
9. REVERSING MACE - (Front left step through punch)
10. THRUSTING PRONGS - (Front bear hug - arms pinned)
11. LOCKED WING - (Rear right hammer lock)
12. OBSCURE WING - (Right flank left hand shoulder grab)
13. RAINING CLAW - (Front right uppercut punch)
14. SPIRALING TWIG - (Rear bear hug - arms free)
15. TWISTED TWIG - (Front wrist lock)
16. OBSCURE SWORD - (Right flank left hand shoulder grab)

Optional

17. SPREADING BRANCHES - (Rear bear hug - arms pinned)

*Talon = Wrist * Leaves = Fingers * Prongs = Thumb Punch

Forms and Sets

Short Form 2

Stance Set 1 - Finger Set 1

SAYINGS

- To beat action, meet it.
- Fair play is when your opponent's definition of fair play is equally matched with yours.
- It is not the size of the man, but the size of the fear that has been the cause of many a defeat.
- Slow to learn, slow to forget.
- Anger can often constipate your retaliatory efforts.
- While there is a difference between the terms "opposite" and "reverse", both provide answers to thoroughly understanding the effects of motion.
- Always strike from where the natural weapons are found at the time of an attack.
- Wasted inches are wasted time.
- Knowledge is BOUND when one is compelled to tradition. Knowledge is ENDLESS when tradition is bound.



Purple 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 forced to defend myself and shall be slow to anger, loath to take offense, quick to forgive, and to forget personal affront.