

Maryland Professional Karate Association

Purple Belt

More Advanced Chinese Weapons

1. Twin Dragons Fighting for the Pearl
2. Crossover Scrape
3. Knife Thrust
4. Himalayan Ram's Head
5. Cannon Punch
6. Chicken Beak
7. The Immortal Man Pointing the Way

Combination Blocks

1. Inward Heel Palm Followed by Outward Hanging Five (Both Sides)
2. Arm Break Block (Both Sides)

Combination Kicks

1. Front Snap Kick to Side Snap Kick to Rear Snap Kick (Both Sides)
2. Front Snap Kick to Front Side Snap Kick (Both Sides)
3. Left Crescent to Right Rear Heel Thrust
4. Left Crescent to Right Roundhouse

Katas

1. Ten Basic Stances
2. Short One / Mirror Image
3. Pai Form (White)
4. Basic Nunchaka Form

Throws

1. Front Tackle Throw
2. Right Uppercut Throw
3. Taitoshi
4. Taitoshi / Finger Variation
5. Haraigoshi
6. Osotogari
7. Triple Kick Takedown
8. Retreating Hip Throw
9. Thundering Hammers Leg Sweep

Fighting Positions

1. Defense....Fighting Horse
2. Attack....Side Horse
3. Offence....Cat

Ju-Jitsu

1. Twin Butterflies
2. Spinning Butterflies
3. Walking the Dog

Techniques

1. Locking Horns
2. Scraping Hoof
3. Thrusting Salute
4. Buckling Branch
5. Striking Wing
6. Leaping Crane
7. Double Palm Sweep

Kumite

1. Thrust Sweep
2. Double Reverses
3. Double Fist rounds
4. Slip In

Advanced Falls

1. Pullover
2. Backwards
3. Drop to Floor
4. Roll into Kicks
5. Roll into Fighting Position
6. Roll into Fighting Position / Drop / Kick