



The Jasmine Dragon

American Kenpo Karate Kung-Fu Martial Arts



Purple Belt Technique List

Escape Techniques

- ___ Bending Reeds
- ___ Breaking the Cross
- ___ Chokehold Techniques 3
- ___ Crossing Talon A.B.
- ___ Crouching Falcon A.B.
- ___ Darting Serpent
- ___ Eagle Pin
- ___ Flashing Daggers
- ___ Kung-Fu Wrist
- ___ Locking Arms
- ___ Silkwind
- ___ Spinning Dragon A.B.
- ___ Spiraling Wrists
- ___ Spreading the Leaves
- ___ Striking Fang A.B.
- ___ Twisting Knee
- ___ Two-Headed Serpent A.B.C.

Self-Defense Techniques

- ___ Arm Hook
- ___ Cross Chop
- ___ Crossing Guard
- ___ Guiding the Staff
- ___ Raising the Sword
- ___ Striking Serpent A.B.C.

Weapons Disarming

- ___ Cutting the Pagoda A.B.C.
- ___ Crossing the Sun A.B.C.
- ___ Ming's Sword
- ___ Wrist Slap

Katas

___ Short Three

Sparring Techniques

- ___ Head Guard A.B.C.
- ___ Kicking Set 4
- ___ Shuffle & Sweep
- ___ Sweep & Kick

New Kicks

- ___ Crescent Kick
- ___ Reverse Crescent Kick
- ___ Wheel Stomp

___ Long Three