

EXERCISE

EXERCISE AND EATING PROPERLY ARE TWO OF THE BEST THINGS WE CAN DO FOR OURSELVES. EXERCISE MAKES US STRONGER, KEEPS US HEALTHY, AND ALLOWS US TO DO MORE OF THE THINGS WE WANT TO DO NOW AND WHEN WE GET OLDER. EXERCISE IS NOT EASY AND REQUIRES MUCH SELF DISCIPLINE, BUT GETTING INTO A ROUTINE HELPS. A GOOD ROUTINE IS WHEN YOU GET UP IN THE MORNING, DO A FEW JUMPING JACKS TO WARM UP YOUR MUSCLES THEN DO YOUR SITUPS, PUSHUPS, BODY BUILDERS OR ANY OTHER EXERCISES YOU LIKE. TRY TO DO THESE EVERYDAY EXCEPT SUNDAY WHICH IS FOR ALLOWING YOUR BODY TO REST. VERY SOON, YOU WILL FIND YOURSELF GETTING STRONGER AND BEING ABLE TO DO MORE. ALWAYS INCREASE THE NUMBERS EVERY FEW WEEKS TO KEEP CHALLENGING YOUR BODY.

EATING RIGHT IS ALSO A PART OF EXERCISE. TRY NOT TO EAT SO MUCH THAT YOU ARE STUFFED. JUST EAT TILL YOU ARE NOT HUNGRY ANY MORE. CANDY AND DESSERT HAVE LOTS OF SUGER SO AGAIN, A LITTLE IS OKAY BUT A LOT IS NOT. JUST REMEMBER, YOUR BODY IS GOD'S PERFECT MACHINE. YOU PUT BAD THINGS INTO IT, BAD THINGS WILL HAPPEN TO IT. YOU TREAT IT PROPERLY, IT WILL BE GOOD TO YOU.

REQUIREMENTS FOR LITTLE DRAGONS PURPLE BELT

VERSION 3.1 6-7-12



NAME: _____

DATE: _____

BASICS

1st TIP

STANCES

cat stance _____

MANEUVERS

step-drag _____

front switch _____

2nd Tip

STANCES

crane stance _____

BLOCKS

waiter's hand _____

KICKS

knee _____

KICKS

drag-step _____

roundhouse _____

drag-step _____

side kick _____

MANEUVERS

cover _____

HANDSTRIKES

roundhouse _____

palm heel _____

FORMS/SETS

FORM 1 PHASE 1

Part 1 (1st Tip) Mechanical _____ Execution _____

Part 2 (2nd Tip) Mechanical _____ Execution _____

Part 3 (Belt) Mechanical _____ Execution _____

FITNESS REQUIREMENT

20 JUMPING JACKS _____

5 PUSH UPS _____

10 CRUNCHES _____

5 BODY BUILDERS _____

4 LAPS _____

SELF DEFENSE

PURPLE BELT

ATTACKING MACE (right straight punch) _____

Step back to Left Neutral Bow, Left Inward Block,
Right Straight Punch

FLASHING CRANES (front two hand push) _____

Ready Stance Left Hand Up, Step back to Right
Neutral Bow WITH a Left Downward Block and Right
Outward Block, Right Inward Palm Heel, Right
Outward Hammerfist

THRUSTING PALM (right front kick) _____

Step back to Left Neutral Bow WITH a Left Down-
ward Block, Right Front Kick, Right Palm Thrust

TRIGGERED PALM (right push) _____

Step forward to Right Neutral bow WITH a Left
Waiters Hand Block and a Right Inward Palm Heel, Right
Backfist, Right Inward Elbow

SPARRING

STRIKING

Combination 5 _____

Jab-Cross-Uppercut _____

Combination 6 _____

Jab-Cross-Jab-Lead Roundhouse Kick-Rear

Roundhouse Kick _____

GRAPPLING

Submissions _____ Throws _____

guard kimura _____ outside clip _____

mounted armbar _____ (osoto gari)