

Monroe County Martial Arts

Purple Belt

Kicks

front
half-moon
roundhouse
side
inside crescent
outside crescent
backside
jump front
back crescent
tornado
thunder
back spin
jump roundhouse
hook
axe

Hand Techniques

horse stance-triple punch
low block
high block
inside block
outside block
palm heel
ridge hand
inside knife hand
outside knife hand
knife hand blocks
tiger claw
uppercut
back fist
outside hammer fist

Forms

Palgue 1
Palgue 2
Palgue 3
Palgue 4

If you are 6 or older, you must be able to tie your own belt.

Self-Defense (ages 16 and up)

choke from front
choke from rear
mounted choke
front hair pull
rear hair pull
front bear hug-arms pinned
rear bear hug-arms pinned
front bear hug-arms free
rear bear hug-arms free
gun disarm high
gun disarm low
gun fingerlock

Training Time: 4-6 months (2-3 classes per week)

Test Fee: \$50 (for children, this includes purple stripes)