

United Martial Arts of Maryland

Purple Belt

Techniques

1. Tiger's Claw
2. Scrapping Hoofs
3. Thrusting Salute
4. Buckling Branch
5. Striking Wing
6. Raining Claw
7. Breaking Hammer Lock
8. Obscure Sword
9. Twin Butterflies
10. Spinning Butterfly

Kata

1. Short One / Mirror Image
2. Basic Nunchuka Form
3. Yellow Form

Advanced Kicks

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

Advanced Blocks

1. Inward Heel Palm Strike Followed by Outward Inverse Hanging Palm (Both Sides)
2. Double Arm Break Blocks (Both Sides)

Throws

1. Front Tackle Throw
2. Right Uppercut followed by Choke
3. Taitoshi
4. Ogoshi
5. Haraigoshi
6. Osotogari
7. Inside Leg Sweep
8. Thundering Hammers Leg Sweep