

Purple Sash Test		Red Phoenix Martial Arts Academy 紅鳳-武術-校 Dào Chì Gūng Fū 道氣功夫	
Techniq. # Level/Gup/級/ji			Art form
<b>Academic Section</b>			
	Why have you earned your belt?	<personal answer>	
	What is the mindset of a purple sash?	The student's path to inner strength is widening as a road on a plateau; their knowledge surpasses their peers and they don the colors of royalty and leadership	
	Know the following:		
	DCGF Kanji = Method of "Vital Energy" Hard Work		
	School Motto: The way of inner strength & hard work		
1	What is the meaning of "Gung fu?"	Great skill and knowledge, mastering your skill by mastering yourself	
3	Translate DCGF: School Motto:	Method of Vital Energy Hard Work "The way of inner strength & hard work"	
5	Define the first five laws of Gung Fu	1. Fluidity: As one technique completes, another begins 2. Adaptation: Moving with the flow of energy 3. Economy: Efficiency of expenditure 4. Movement: Move only as required; no less, no more 5. Intent & Execution: You will perform as you train	
<b>Forms</b>			
1	White	1 - Infant Phoenix is Born	DCGF
2	Yellow	2 - Young Phoenix Walks	DCGF
3	Orange	3 - Growing Phoenix Flies	DCGF
4	Purple	5 - Matured Phoenix Dominates	DCGF
<b>Defense</b>			
5	Purple	Defend against 15 second attack	
<b>Stances</b>			
<i>Basic, common</i>			
6	White	Chyán jàn - Fist Stance (拳站) <i>Shaolin</i>	
7	White	Mǎ Bù - "horse step" (馬步)	SHL
8	Yellow	Gōng Bù - Bow step (稽步)	SHL
9	Yellow	Chu Bù - blocking, preparing step	SHL
10	Orange	Jgu/Xu Bù - Empty Step (虛步) (cat stance)	SHL
11	Blue	Yeen Bù - Drawing Bow Step (yin 引步) with eagle claw	DCGF
12	Purple	She Bù - Cross/rest Step (Xie Bu 蟹步) with WC double fist	SHL
13	Purple	Shao-lin 6 ChiGong Step (shào lín shí qì gōng bù 少林六氣功步)	SHL
<b>Judo Ukemi</b>			
14	Purple	Aerial rolls/falls (various)	
<b>Judo Throws</b>			
15	Purple	Minor Outer Reaping Throw (Ko Soto Gari) = Same-side foot > outside of leg	JD
16	Purple	Major Outer Reaping Throw (O Soto Gari) = Cross-foot > outside of leg (sweep)	JD
<b>Board breaks</b>			
17	Purple	(3 breaks) Jumping double front snap, roundhouse, ridge hand	
<b>Common Defense Scenarios</b>			
18	Purple	Defuse a fight	
19	Purple	An attacker grabs your throat, take to submission	
20	Purple	An attacker has you in a headlock	
<b>BJJ</b>			
21	Purple	Rear Naked Choke	
<b>Kicks</b>			
22	Purple	Jump straight back	TSD
23	Purple	Jump double front snap	TSD
24	Purple	Jump spinning back	TKD
25	Purple	Jumping roundhouse	TKD
<b>Capoeira</b>			
<i>Basic</i>			
26	Purple	Armada (spinning inside-to-outside)	
27	Purple	S kick	
<b>Punches &amp; Strikes</b>			
28	Purple	Key (thumb) strike	
29	Purple	Spinning back fist	
30	Purple	Superman punch	MYT
<b>Locks, Chokes, Arm Bars</b>			
31	Purple	Standing Elbow lock (Maki Hiji)	JJTS
32	Purple	Hammerlock (includes wristlock) - Law enforcement	
33	Purple	Kimura lock (standing)	BJJ