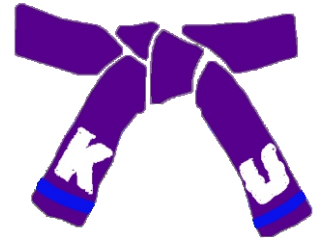




# Advanced Purple Written Test



A basic weapons rule is : \_\_\_\_\_.

- ☐ A -technique, control, disarm
- ☐ B -disarm, technique, aim
- ☐ C -control, disarm, technique

\_\_\_\_\_ to feel, \_\_\_\_\_ to buckle

- ☐ A -plant, bend
- ☐ B -push, check
- ☐ C -step, sweep

Stay on the circle, Reverse the circle, \_\_\_\_\_.

- ☐ A -retreat on the circle
- ☐ B -cut the circle in half
- ☐ C -follow the circle in the square

Never \_\_\_\_\_ without a cover

- ☐ A -step-through
- ☐ B -move in
- ☐ C -v-step away

When Stomping, kick on \_\_\_\_\_.

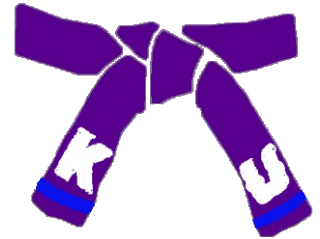
- ☐ A -full extension
- ☐ B -the top of the circle
- ☐ C -the flex

Always shuffle \_\_\_\_\_ unless \_\_\_\_\_ is coming to you

- ☐ A -on elbows, his body
- ☐ B -when striking, their kick
- ☐ C -before kicking, his centerline



# Advanced Purple Written Test



Hand Isolations : Food for thought; \_\_\_\_\_ of \_\_\_\_\_  
\_\_\_\_\_. Things that are there or things that are not there and if  
they're not there where are they.

- ☐ A -lists, all the strikes
- ☐ B -previews, coming attractions
- ☐ C -explanations, proper footwork

3 types of Switching

- ☐ A -continue the circle, reverse the circle, cut the circle in half
- ☐ B -step drag, drag step, push drag
- ☐ C -back to front, front to back, and hop/jump switch

Wide Kneel: Neutral Bow Stance \_\_\_\_\_ with no \_\_\_\_\_

- ☐ A -raised, angle of execution
- ☐ B -dragged up and dropped, change in range
- ☐ C -dropped, angles changed

The circle in the square principle is an example of the

- ☐ A -zone of sanctuary
- ☐ B -method of execution
- ☐ C -the things you can do to a circle

The two types of Stomps are \_\_\_\_\_ and \_\_\_\_\_

- ☐ A -using marriage of gravity, back-up mass
- ☐ B -stomps, stomp kicks
- ☐ C -heel of the foot, top of the foot

Reverse Bow: \_\_\_\_\_ losing or creating distance from your opponent  
without losing ground with your feet

- ☐ A -the upper body
- ☐ B -changing direction without
- ☐ C -pivoting into a forward bow unless



# Answer Page

Remember, cheating never gets you anywhere. When your instructor or Mr. Planas is standing in front of you waiting for an answer, you better know this material!

Don't look until you're done with your test.

- |      |       |
|------|-------|
| 1. C | 7. B  |
| 2. A | 8. C  |
| 3. B | 9. C  |
| 4. B | 10. A |
| 5. C | 11. B |
| 6. A | 12. A |