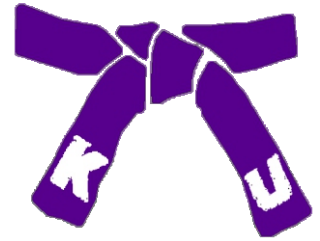




# Purple Belt Study Guide



## Definitions

**Complementary Angle:** following or riding a body line/angle to a target, be it yours or the opponent

Naming Things: Right or Left then Angle of Execution and Method of execution

--**Angle of Execution:** the angle based on the Eight Angles of Attack and Defense that the weapon is delivered on and in what direction.

--**Method of Execution:** How the strike is delivered which has nothing to do with the angle. The manner in which a move is executed to insure maximum results.

Examples; hammering, slicing, whipping, thrusting, hooking etc...

**Angle of Incidence:** striking at targets square so that there is no dissipation of power or deflection.

**Step Through:** changing sides facing your opponents by losing or gaining distance meaning forward or reverse. This happens in one move.

**Twist Through:** same principle as the step through, but broken into two parts where you get the distance and the rotation as a separate move.

**Cover Step:** Changing your lead leg while also changing direction.

## Rules

**Never let a Minor cost a Major** - If an inserted Minor Move throws off your timing or power then it's not worth doing

**Generally we never strike the same zone twice** - 1) their hands will hold where it hurts and get in the way, 2) two hits to the same zone will generally make them move back a step. Some techniques hit the same zone twice on purpose to get a specific reaction but you should never do it by accident.

**When you cat you cock** - The leg is obviously chambered but the hand(s) should be too because as soon as you step out of the cat stance you'll have a power principle to use for the strike(s).