

ROBERT ITO'S WHITE TIGER SYSTEM

PURPLE BELT BASICS

THEORY

1. Soft-Hand
2. Sticky-Hand
3. Consistent Practice

1. Make It Work!
2. All Out Effort!
3. Practical Use!
4. Self Starter!

5. Prove Theories!
 - a) Patience/Practice
 - b) Balance/Power/Form
6. Don't Show Off

BASIC MOVEMENTS

1. Basic Kicks
 - a) Cross-over
 - Front
 - Back
 - b) Jump
 - c) Spin

BASIC PARRY / BLOCK

1. Inward
2. Outward
3. Upward
4. Downward
5. Reverse-Hand
6. Extended-Outward
7. Wrist Parry
8. Knife-Hand, Chop
(*Shuto*)

GROUND DEFENSE

1. Breakfall:
 - a) Right Side
 - b) Left Side

COVERS : Optional

STANCES
Back Stance

SAFETY

1. Bag Work for Focus, Timing, Range Only!
 - a) No Aerial Kicks on Bag!
 - b) No Power Drills on Bag!
2. Use Guards in All *Kumite* Contact:
 - a) Attacking Uke
 - b) T.C. Sparring
 - c) Any Contact Practice

3. Always Use Proper Equipment!
4. All Contact Practice:
 - a) Proper Equipment!
 - b) Supervised!
 - c) Start Slow!
 - d) Be Alert!

STANDARD EXERCISE & PRACTICE

KICK WITH MOVEMENT (Snap or Thrust):

- | | | |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <ol style="list-style-type: none"> 1. Shuffle <ol style="list-style-type: none"> a) Forward b) Rear c) Roundhouse d) Side 2. Crossover (front or back) <ol style="list-style-type: none"> a) Side b) Rear c) Round House d) Forward Snap | <ol style="list-style-type: none"> 3. Jump (snap only) <ol style="list-style-type: none"> a) Forward b) Rear c) Roundhouse d) Side 4. Spin <ol style="list-style-type: none"> a) Forward b) Rear c) Side | <ol style="list-style-type: none"> 5. Jumping Crane 6. Kata Exercise I, II, III, IV 7. Kata I & II Open Hand 8. Mass Attack I, II, III, IV 9. Resisting Uke
(Slow with Safety) 10. All Lower Belt Exercises 11. Test Workout |
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KEMPO PURPLE BELT		DATE	INSTRUCTOR
Belt Orientation			
1.	Flash of Silver A B		
2.	Rising Knee		
3.	Crashing Anvil		
4.	Octagon Zenkutsu [] Kokutsu []		

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PURPLE BELT

KEMPO PURPLE BELT		DATE	INSTRUCTOR
5.	Mass Attack (3-Man): White		
6.	Kata III (Right)		
7.	Juni-Ippo Shodan		
8.	Kata VII (Staff)		
9.	Tournament Presentation		
Test	1st Stripe	Date:	Signature:

1.	Opponents at Sides A B		
2.	Plucking the Bird		
3.	Five Claws		
4.	Advancing Daggers		
5.	Mass Attack (3-Man): Orange		
6.	Kata IV (Right)		
7.	Tournament Presentation		
Test	Jo/Staff Level 2 Completed		
Test	2nd Stripe	Date:	Signature:

1.	Thundering Hammers		
2.	Clawing Panther		
3.	Leaping Wheel		
4.	Knee Sweep		
5.	Mass Attack (3-Man): Purple		
6.	Kata III (Left)		
7.	Juni-Ippo Nidan		
8.	Tournament Presentation		
Test	Technical Conditioning Level 2		
Test	3rd Stripe	Date:	Signature:

1.	Shackle Break A B		
2.	Crouching Falcon		
3.	Five Swords A B		
4.	Darkness		
5.	Mass Attack (4-Man): W,Y,O, P		
6.	Kata IV (Left)		
7.	Juni-Ippo Sandan		
8.	Tournament Presentation		
Test	Escrima Level 1 Completed		
Test	4th Stripe	Date:	Signature:

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