

KIADO-RYU™
Level 2 - Purple Belt

Fighting Hand Set

1. Inward forearm
2. Outward forearm
3. #2 punch
4. Jamming elbow
5. Sidecheck, #1 r/p
6. Sidecheck, ridge
7. Crosscheck #2 r/p
8. Crosscheck PI hook
9. Cover
10. Rear trap
11. Lead backknuckle
12. Up block, #3 r/p

Parry Set 1

1. Inward
2. Outward
3. Inside down (pd)
4. Outside down (pu)
5. Inside down (pu)
6. Outside down (pd)
7. Hooking Windmill
8. Double Rake
9. Reverse Windmill

Kicking Set 1

1. Knee
2. Stomp
3. Rear Kick
4. Lead Snap
5. Rear Thrust
6. Knifedge Snap
7. Knifedge Thrust
8. Crossover Rear
9. Spinning Rear
10. Roundhouse

Palm Check Set

1. Outward
2. Inward
3. Upward
4. Downward
5. High Inward
6. Low Outward
7. High Outward
8. Low Inward

Sets To Purple

Parry Set I
Kicking Set I
Striking Set I
Blocking Set I
Palm Check Set
Fighting Hand Set

Katas To Purple

Short One
Institute Form One

Self-Defense Grabs

(see Core Techs O-B)

Self-Defense Strikes

(see Core Techs O-B)

Fighting Techniques

(see Core Techs O-B)

Horse Stance

10 Minutes

Passages/Principles

Begin studying

NOTES