



## PURPLE SASH SYLLABUS

1. Short Form 1 – Straight Tiger.
2. Short Form 2 – Straight Dragon.
3. Short Form 3 – Coiling Snake.
4. Doc Sau (to fight and win without contact)
  - Write a personal account of your own experience of internals. Include body, defence & attack. Do **not** attempt to second guess any grading requirements. This must be an honest report of your **personal experiences**. It will be used to develop your abilities for brown and black sash techniques.