



Are you ready to grade for your Purple Belt ?

Well done so far! It not easy to train as hard as you do and you've stuck with it, lets see what we have to do for this grade.

We've added an extra kick and are looking for improvements in speed, accuracy, technique and power in the others.....

	On the front leg	Off the back leg	In both stances
Front Kick			
Turning Kick			
Axe Kick			
Hook Kick			
Side Kick			
Back Kick			

We've no extra punches we just are going to put in more combinations.....

Jab, Cross, Hook, Uppercut, Backfist

These could be against an imaginary opponent, on hand pads, or on the big bag. Lets make sure our stances & guards are maintained throughout!!!

Sparring..... What are we looking for? Well Footwork is key, variation in techniques and speed, angles of attack and defense, control of techniques and timing

Also be prepared to work with a partner holding paddles, pads or a breaking board

Breaking Techniques - Side Kick

Self-defense - All previous techniques + side-step to a straight knife thrust and a Goose Neck Lock

Special Technique - Arc hand strike, Palm Strike, Cupped hand to ear, Throat press

Good luck..... not everyone will pass first time, if you don't we will tell you why and look to re-assess in class. We want you to be the very best you can be.



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