

PURPLE
(Seventh Belt/Grade)

Minimum Training Time:
4 Months (16 Weeks)

Technical Requirements:
(All Techniques Performed in Both Stances)

Basic Punches

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| <ol style="list-style-type: none">1. Double Hook Punch (Body / Head) [FA / BA]2. Sliding Double Jab<ul style="list-style-type: none">– Hook– Uppercut– Uppercut– Hook[Alt Arms]3. Cross<ul style="list-style-type: none">– Hook– Uppercut– Hook[Alt Arms] | <ol style="list-style-type: none">4. Jab<ul style="list-style-type: none">– Cross– Uppercut (Body)– Hook (Head)5. [Moving Around] Triple Jab<ul style="list-style-type: none">– Uppercut [BA]6. Uppercut<ul style="list-style-type: none">– Lifting Uppercut[Same Arm]<ul style="list-style-type: none">– Hook [BA] |
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Basic Kicks

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| <ol style="list-style-type: none">1. Spinning Crescent Kick2. Hopping Front Kick<ul style="list-style-type: none">– Roundhouse Kick[Same Leg]3. Double Hook Kick (Body / Head) [FL]4. Front Kick<ul style="list-style-type: none">– Inverted Crescent Kick[Same Leg] | <ol style="list-style-type: none">5. One Step Hook Kick (Head)6. Jumping Back Kick7. One Step Side Kick (Body)8. Spinning Crescent Kick<ul style="list-style-type: none">– Jumping Front Kick[Same Leg] |
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Combinations

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| <ol style="list-style-type: none">1. Hopping Front Kick<ul style="list-style-type: none">– Jab– Cross– Roundhouse Kick [BL]– Spinning Hook Kick2. Sliding Axe Kick [FL]<ul style="list-style-type: none">– Back Fist– Back Kick– Back Fist– Cross– Uppercut | <ol style="list-style-type: none">3. Hook [FA]<ul style="list-style-type: none">– Hook [BA]– Front Kick– Roundhouse Kick– Hook Kick[Same Leg]<ul style="list-style-type: none">– Back Kick |
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4. **Jab**
 - Cross
 - Uppercut
 - Jumping Back Kick
 - Inside Crescent Kick
 - Cross
 - Jab
 - Hook
5. **Step Backside Kick (Body)**
 - Back Fist
 - Hook
 - Roundhouse Kick
 - Cross
 - Uppercut
6. **Uppercut [FA]**
 - Uppercut [BA]
 - Hook [FA]
 - Side Kick (Body)
7. **Jumping Front Kick [FL]**
 - Jumping Front Kick [BL]
 - Jumping Back Kick
 - Jab
 - Cross
 - Hook
 - Hook

Blocks & Counters

1. **Side Body Block**
{Counter Hook [BA]
 - Foot Sweep [BL]
 - Cross}
2. **Cross Body Block**
{Counter Inside Crescent Kick [BL]
 - Cross
 - Jab}
3. **Side Head Block**
{Counter Hook Kick (Head) [FL]
 - Side Kick (Body)
 - [Same Leg]}
4. **Side Body Block**
{Counter Side Kick (Body) [FL]
 - Back Kick
 - Inside Crescent Kick
 - [Alternate Leg]}

Pad Work

(4 X 2 Minute Rounds)

Sparring

With Protective Equipment

(3 X 2 Minute Rounds)

Self Defence Techniques (X 4)

Groundwork Techniques (X 2)

Fitness & Agility

(10 Minutes) Skipping

(40) Press Ups

(40) Sit Ups

(15) Burpees