

PURPLE BELT SYLLABUS



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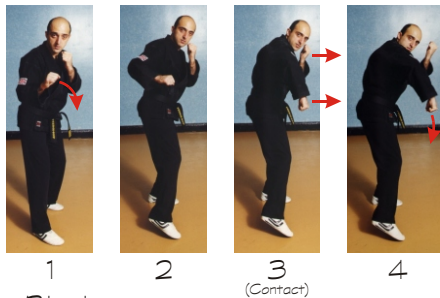
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PURPLE BELT

1. Twisting Block

Starting from ready stance....

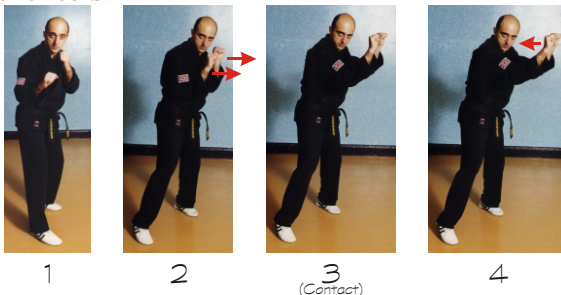
- ✦ Step back into side stance, then push off with your leading leg so that your front heel is lifted off the ground.
- ✦ At the same time shift your weight over towards your rear leg whilst restraining your leading arm in the original defensive guard position.
- ✦ As the impending kick approaches drop your leading arm down in line with your waist level to form a right angle between your forearm and your upper arm (with your fist pointing down).
- ✦ Simultaneously, move your rear hand out in line with your eye level to form a right angle between your forearm and your upper arm (with your fist pointing up).
- ✦ Deflect the kick horizontally away from your body using the whole length of the outside of your forearms whilst preparing to angle into the attacker.
- ✦ Retract your arms back into the original defensive guard position ready to follow up with a series of counter attacks.



2. Double Forearm Block

Starting from ready stance....

- ✦ Step back into side stance then push off with your leading leg so that your front heel is lifted off the ground.
- ✦ At the same time shift your weight over towards your rear leg whilst retaining your leading arm in the original defensive guard position.
- ✦ As the impending punch or kick approaches raise both forearms up with the palms of your fists facing away from your body and your elbows facing downwards.
- ✦ Deflect the punch or kick horizontally away from your body using the whole length of the inside of your forearms whilst preparing to angle into the attacker.
- ✦ Retract your arms back into the original defensive guard position ready to follow up with a series of counter attacks.

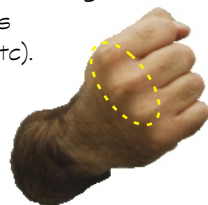


PURPLE BELT

3. Leading Hand Upset Punch

i This punch can be applied either by keeping your weight forwards or by shifting over. Starting from front stance....

- ✦ Push off with the rear foot so that your heel is lifted off the ground bringing your body weight forwards.
- ✦ Keeping your hands up in the defensive guard, rotate your hips round so that your shoulders are just past square onto the attacker.
- ✦ Rotate your hips forwards whilst dropping and retaining your leading arm so that your chest has opened (Pre-stretch) and your fist points towards the target.
- ✦ Release your leading arm so that it accelerates diagonally upwards towards the mid section of the attacker (bottom of the rib cage etc).
- ✦ Contact is made using the first two knuckles of your fist which is turned vertically so that your thumb is pointing upwards.
- ✦ Continue to accelerate through the target until all the energy of the punch has been dissipated, finally relaxing your arm back in a circular movement into the original defensive guard position.



4. Rear Hand Upset Punch

Starting from front stance....

- ✦ Push off with the rear foot so that your heel is lifted off the ground bringing your body weight forwards.
- ✦ Keeping your hands up in the defensive guard, retain your rear arm whilst you rotate your hips forwards so that your shoulders are square onto the attacker and your chest has opened up.
- ✦ At the optimum point (Pre-stretch), release your arm so that it drops down and accelerates diagonally upwards towards the mid section of the attacker (bottom of the Rib Cage etc).
- ✦ Contact is made using the first two knuckles of your fist which is turned vertically so that your thumb is pointing upwards.
- ✦ Continue to accelerate through the target until all the energy of the punch has been dissipated, finally relaxing your arm back in a circular movement into the

PURPLE BELT

5. Leading Hand (Defensive) Palm Round Strike

i This punch can be applied either by keeping your weight forwards or by shifting over. Starting from relaxed stance (arms by your sides)...

- ✦ Step back into a front stance whilst shifting your weight towards your rear leg so that your front heel is lifted off the ground.
- ✦ Simultaneously rotate your hips forwards and round so that your shoulders are just past square onto the attacker whilst retaining your leading arm.
- ✦ At the optimum point (Pre-stretch) where your chest has opened up, release your arm and allow it to accelerate upwards towards the attackers head.
- ✦ Keeping your hand relaxed and your elbow slightly bent, pull your fingers back to expose the heel of your palm (your elbow should be lower than your hand).
- ✦ Contact is made to the side of the attackers face (prime targets being to the jaw, cheek, temples or nose).
- ✦ Continue to follow through the target until all of the energy of the strike has been dissipated, finally relaxing your arm back into the original defensive guard position.



1



2

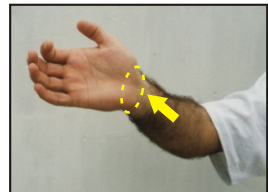


3

(Contact)



4



6. Rear Hand (Defensive) Palm Round Strike

Starting from relaxed stance (arms by your side)...

- ✦ Step forwards into a front stance whilst shifting your weight towards your leading leg so that your rear heel is lifted off the ground.
- ✦ Simultaneously rotate your hips forwards and round so that your shoulders are square onto the attacker whilst retaining your rear arm.
- ✦ At the optimum point (Pre-stretch) where your chest has opened up, release your arm and allow it to accelerate upwards towards the attackers head.
- ✦ Keeping your hand relaxed and your elbow slightly bent, pull your fingers back to expose the heel of your palm (your elbow should be lower than your hand).
- ✦ Contact is made to the side of the attackers face (prime targets being to the jaw, cheek, temples or nose).
- ✦ Continue to follow through the target until all of the energy of the strike has been dissipated, finally relaxing your arm back into the original defensive guard position.

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7. Rear Leg Reverse Swing Kick

Starting from front stance...

- ✦ Keeping your defensive guard up, turn into a twisting stance by pivoting on the balls of both feet (Pre-stretch).
- ✦ Keep looking towards the target as you bring your rear leg up into the chamber position whereby your leg is brought in towards your body.
- ✦ Rotate your hip round past the attacker as you accelerate your leg out of the chamber and initially out to the side whilst pushing the heel of your supporting leg up off the ground.
- ✦ As your shoulders square up to the attacker, the heel of your extended leg is brought inwards towards the target (Contact Point).
- i** Your hip must move forwards so that it proceeds the kick. This will also generate the necessary momentum required for this technique.
- i** The trajectory of this kick should be horizontal.
- ✦ Contact is made using the area at the back of your heel.
- i** You can adjust the height of the kick to impact on different targets (and also depending upon individual flexibility).
- ✦ Continue to follow through the target until your knee faces towards the contact point before allowing the energy of the kick to be dissipated.
- ✦ Finally, relax your leg back in a circular movement and control it back down into a stable front stance.



1



2



3



4

PURPLE BELT



8. Purple Belt Pattern

Start from ready stance....

- ✦ Step back with your left foot to take you into Right Side stance.
- ✦ Closed Hand Inward Block with your Right Hand (with a loud assertive yell).
- ✦ Leading Leg Instep Swing Kick (Right Leg).
- ✦ Back Fist Strike (Right Hand).
- ✦ Turn 90 degrees to the Left (you should be in right side stance).
- ✦ Closed Hand Inward Block, Leading Leg Swing Kick (step down into side stance), Leading Hand Back Fist Strike.
- ✦ Turn 90 degrees to the Left (Side 3).
- ✦ Closed Hand Inward Block, Leading Leg Swing Kick (step down into side stance), Leading Hand Back Fist Strike.
- ✦ Turn 90 degrees to the Left (Final Side).

Combi

Closed Hand Inward Block, Leading Leg Swing Kick (step down into front stance), Leading Hand Back Fist Strike, Rear Inward Punch, Leading Round Punch (shifting forwards), Weave (Rear to Front) then Leading Round Punch (shifting over) with an assertive yell to symbolize that you have now completed the first side.

Bring your feet together back into ready stance.

- ✦ Step back with your right foot to take you into Left Side stance.
- ✦ Closed Hand Inward Block with your Left Hand (with a loud assertive yell).
- ✦ Leading Leg Instep Swing Kick (Left Leg).
- ✦ Back Fist Strike (Left Hand).
- ✦ Turn 90 degrees to the Right (you should be in left side stance).
- ✦ Closed Hand Inward Block, Leading Leg Swing Kick (step down into side stance), Leading Hand Back Fist Strike.
- ✦ Turn 90 degrees to the Right (Side 3).
- ✦ Closed Hand Inward Block, Leading Leg Swing Kick (step down into side stance), Leading Hand Back Fist Strike.
- ✦ Turn 90 degrees to the Right (Final Side).

Combi

Closed Hand Inward Block, Leading Leg Swing Kick (step down into side stance), Leading Hand Back Fist Strike, Rear Inward Punch, Leading Round Punch (shifting forwards), Weave (Rear to Front) then Leading Round Punch (shifting over) with an assertive yell to symbolize that you have now completed the second side.

- ✦ Remain in your stance with your guard up until told by the Instructor.



PURPLE BELT



A. Attack Drill: ⚠️ **Hand Safety Must Be Worn During This Drill**

This exercise is similar to the White Belt syllabus except that the student can now demonstrate techniques up to the Purple Belt level.

Student focus is now concentrated upon footwork and agility.

B. Defence Drills: ⚠️ **Hand Safety Must Be Worn During These Drills**

Defence Drill Number 5 - Stopping Kicks * THIS IS A CONTACT EXERCISE *

Begin in ready stance opposite your sparring partner with your hands down. The 'Attacker' charges in with their hands across their chest with their fists pointing upwards allowing their hand safety to provide protection to the chest / solar plexus area. The 'Defender' responds by performing a suitable stopping technique (e.g front thrust or heel kick, side kick, angling off swing kick etc) with light and controlled contact to the attackers hand safety then follows up with no more than seven counter attacks whilst moving into or around the attacker looking for openings. The defender yells on their last technique to indicate that they have finished. Both partners reset then start again.

- ⚠️ The main emphasis on this drill is to teach students to judge distances. If a student performs a kick before the attacker is in range (too early), there is a danger that a hyper-extension or lock-out injury will occur (As well as the attacker being able to get through your defence). Alternatively, if the kick is performed too late and the attacker is too close, the speed and momentum of the technique would not be sufficient to prevent the attacker from moving in and causing injury.

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C. Focus Mitt Sparring:

Focus Mitt Drill Number 4 with the new techniques included.

Round Palm Strike - Leading and Rear

- i** For right hand strikes the left mitt should be held to the front of the holder. Students must remember to be in opposite stance to the mitt holder. The mitt face should be presented slightly tilted down towards the ground and held at the attackers face level.



Upset Punch - Leading and Rear

- The mitt faces should be presented so that they are turned slightly down towards the ground and held level with the punchers lower ribs.
- !** Beginners should first practice this drill stationary using single punches only until their wrists have grown accustomed to this punch.



Reverse Swing Kick - Rear Leg

For right leg kicks, the left mitt should be held to the front of the holder. The mitt face should be presented vertical and held at the attackers waist level. Alternate for the left leg.



D. Shield Sparring Drills:

SHIELD DRILL NUMBER 4

- i** Refer to the Green Belt Syllabus (section 4).

PURPLE BELT GRADING REQUIREMENTS



- ▶ Purple Belt Pattern
- ▶ Purple Belt Combination
- ▶ Attack Drill
- ▶ Defence Drills Number 1, 2, 3, 4 & 5
- ▶ Focus Mitt Sparring Drill Number 4
- ▶ Shield Sparring Drill Number 4
- ▶ Power Test (Back Fist Strike)