

Purple Belt 1st, 2nd, & 3rd Degree Curriculum

Kicks

Spinning Wheel Kick

Axe Kick

Push Kick

Stomp Kick

Attacks

4 Knuckle Spear Hand

1 Finger Spear Hand

2 Finger Spear Hand

1 Finger Fist (middle/forefinger knuckle)

Stances

Extended Front Stance

One-Steps (These are stepping forward) (See One Step Sheet)

Give 2 per belt level which should be a total of 6

Kata's-(2 of your style)

Give 2 Kata's over all 3 levels

Of Purple Belt 1st, 2nd, and 3rd Degrees

This should be Kata's #8 &9

Sparring – (Contact Sparring)

Start 2.5 minute rounds with LIGHT contact

3 step sparring

Self Defense (1 on 1 Grab, Behind the back)

Give students 4 – 1 on 1 behind the back grab.

Weapons – Knives

Start on a Knife Kata

Go Over one of the Awareness's

1. Stanger Danger
2. Bully Buster
3. Safety Awareness

Stepping Forward Techniques:

Pick 3 total for each level. When finished with all 3 levels of Purple Belt, should have 27 in all.

Go over Student Creed

Dojo Etiquette – (Bowing In/Bowing out. If late for class have students ask permission to enter the floor and bow before just walking in on class.) Add on more History and Terminology.