

Purple Belt to Brown Belt *JUNIOR*®

PURPLE BELT - STRIPE ONE junior

KARATE and KICK BOXING

√ Mouth Guard √ Head Gear √ Boxing Gloves √ Heavy Duty Leg Guards √ Jo √ Boken - √ CHECK "No gear No Grading"

Leadership:	a. Taking class warm ups b. Welcoming and mentoring a beginner in beginner class c. Assisting Instructor with teaching
Warm Up:	Purple Belt Warm Up (40 Star Jumps 25 PU 25 SU 15 Squats 15 Plank 8 Stretches)
Sparring Strategies:	a. moving with fighting rhythm and timing b. parry and punch c. distancing d. lower block and reverse punch
Shadow Sparring:	2 x 1 - 2 minute rounds
Stances:	KJ Stance Routine ... heiko dachi, musuba dachi, heisoku dachi, shiko dachi, sanchin dachi, zen kutsu dachi,
Fighting Positions:	natural stance fighting stance points fighting stance
Footwork:	Skip up and back. Step up and back. Switch
Standing Grapple:	clinch and close quarters combat
Defences (drill):	right parry, left parry, upper block, lower block cover, evade left slip, right slip round house blocks leg check, leg evasion knee blocks
Ground Cover:	Rock, Turnaround, ROCK n ROLL, Beatles
Fist Strikes:	Hooks. Uppercuts (from fighting stance). Low reverse punch (from point stance). Hammer strikes (from clinch).
Leg Strikes:	Front kick. Front scissor kick. Knee. Round house. Thigh kick. Side kick. Spinning Back Kicks. Crescent Kicks.
Drills:	Jab, reverse, palm, rake, elbow Reverse punch, hook Switch Jab, front kick Front scissor, round house, side kick Stomp, push kick, knee, front kick
Partner Drills:	a. jab, reverse, front kick » parry, parry, lower block b. round house kicks » double blocks
One and Two Step Sparring:	jodan tsuki and gedan tsuki » jodan uke and gedan berai

PURPLE BELT - STRIPE TWO junior**GRAPPLING SKILLS**

√ Mouth Guard √ Head Gear √ Boxing Gloves √ Heavy Duty Leg Guards √ Jo √ Boken - √ CHECK "No gear No Grading"

- Leadership:** a. Taking class warm ups
b. Welcoming and mentoring a beginner in beginner class
c. Assisting Instructor with teaching
- Warm Up:** Purple Belt Warm Up (40 Star Jumps 25 PU 25 SU 15 Squats 15 Plank)
Crawl. Prawn. Bridge
- Stretches:** back and glute
- Breakfalls:** backward, side and forward
- Hold Downs:** *scarf hold kesa gatame
*shoulder hold kata gatame
ground 1.
side control
- Locks:** *inner wrist lock # 1
*outer wrist lock # 2
- Strangle:** rear strangle
- Take Down:** *front leg shoot
- Throws:** *outer reap osoto gari
*tai otoshi body drop (standing or from the knees)
*ogoshi hip throw
- Defences from ...** kesa gatame » protect throat, space
ground 1. » trap and bridge
leg shoot » sprawl or switch
rear strangle » protect throat
- Combinations/Drills:** Osoto to kesa to ground one to side control
*wrist lock 1 to the ground
front leg shoot to ground follow up
- Grappling:** 3 x 3 minute rounds

**CONTROL must be used here. As children progress in Martial Arts, control is vital. This attitude will spill over into teenage and adult life, both in their friendships and in their relationships.*

Control should not just be physical but also verbal.

Treating people with respect and maintaining a firm but fair attitude is the right way.

PURPLE BELT – STRIPE THREE junior**TRADITIONAL FORMS and WEAPONS**

√ Mouth Guard √ Head Gear √ Boxing Gloves √ Heavy Duty Leg Guards √ Jo √ Boken - √ CHECK "No gear No Grading"

- Manner/Respect:** bowing appropriately.
asking questions and answering appropriately.
- Leadership:** a. Taking class warm ups
b. Welcoming and mentoring a beginner, or
c. Assisting Instructor with teaching
- Fit Belt:** left over right and under all; right over left through the loop
- Kata:** Tensho, Nahainchin and Seinchin (18 steps)
Tensho Bunkai, Naihanchin Bunkai and Seinchin Bunkai
- Weapons:** rubber nanchuku kata (4 x directions)
jo kata (4 steps with and without partner)
boken – stances, cuts, kumitachi

Stripe THREE continued next page ...

PURPLE BELT – STRIPE THREE junior *continued*

STREET SMART SELF DEFENCE

√ Mouth Guard √ Head Gear √ Boxing Gloves √ Heavy Duty Leg Guards √ Boken √ Jo - √ CHECK "No gear No Grading"

Shadow Defence:

STREET SMART

Self Defence from:

1. pushes
2. wrist holds
3. other holds (one and two hand)
4. a punch
5. bear hug (rear and front)
6. a choke (front and rear)
7. wall attacks
8. a kick, a knee
9. ground attacks

Gang Defence:

1. multiple BAG defence
2. two on one holds
3. multiple ground

STOP Bullies, from

1. gauntlet and coward punch
2. verbal taunts
3. physical bullying

Weapon Defence:

1. knife
2. baseball bat

Responsible and Respectful Behavior

A discussion with young people about entering into teenage years.

BROWN BELT junior

SPARRING and GRAPPLING - MMA

√ Mouth Guard √ Head Gear √ Boxing Gloves √ Heavy Duty Leg Guards √ Boken √ Jo - √ CHECK "No gear No Grading"

Manner/Respect:

bowing appropriately.
asking questions and answering appropriately.

Leadership:

- a. Taking class warm ups
- b. Welcoming and mentoring a beginner, or
- c. Assisting Instructor with teaching

Fit Belt:

Warm Up:

50-80 star jumps

Stretch:

12 (including x 2 PNF)

Strength Exercises:

40 x push ups and 40 x sit ups
20 x squats and 30 second plank

Kata:

Tensho, Naihanchin and Seinchin

Sparring:

3 x 2 - 3 minutes point sparring
3 x 2 - 3 minutes shoot
3 x 2 - 3 minutes continuous
3 x 2 - 3 minutes grappling

Impact Training:

2 x rounds of contact sparring from a Senior Belt
or impact training in stance

A white stripe is worn through each junior Yellow, Orange, Purple, Brown and Black Belt

Junior

Junior

Junior