

Purple Belt to Brown Belt ©

PURPLE BELT - STRIPE ONE

KARATE and KICK BOXING

Mouth Guard. Head Gear. Boxing Gloves. Heavy Duty Leg Guards. MMA Gloves. Boken. REQUIRED

Leadership: Teacher Assistant to 6 Children's classes (first set of six). Grade others.
Fit Belt: KNOWLEDGE LOYALTY TRUTH TRUST HUMANITY COURTESY

Warm Ups: joint rotations (start at toes, finish at fingers)
HIIT: 10 Burpees + 10 Push Ups + 10 Sit Ups + 10 Superman's ...
+ 10 Squats + 30 sec Plank + 3 YTW holds + 10 Fists.
REPEAT HIIT, 2 to 5 times
10 to 12 stretches

Sparring Strategies:
CONTROL THE FIGHT: | positioning | moving | distancing | ring control | timing | take up the fight
COUNTER FIGHT: \ parry and punch
\ lower block and low reverse punch
\ tai sabaki (left and right)
ATTACK: / jab to chin, reverse to body (high, low)
/ switch jab, front kick
/ reverse punch, hook
/ jab, shoot
Shadow Sparring: 3 x 2 min rounds

Fighting Positions add skills: natural stance
fighting stance
points fighting stance
open stance
Stances: KJ Stance Routine with strikes/blocks: heiko dachi,
musuba dachi (*AND theory*), heisoku dachi, yoi (*AND theory*), shiko dachi,
sanchin dachi, zen kutsu dachi, shiko dachi,
neko ashi dachi, hangetsu dachi, jigotai
Footwork add skills: Step. Switch. Skip. Lunge. Step through
Tai Sabaki: left and right body evasion x 6. (parry backfist, parry block reverse punch, parry slip)
Standing Grapple: Clinching. With strikes, sweeps and throws

Defences: Defence Drill (Brown 1)
Traditional Blocking: jodan uke, uchi uke, soto uke, gedan berai
Hand Strikes: jab, reverse, palm, rake, elbow (COMBINATION)
open hand strikes (eg kekuto, haito, shuto, washide, toho)
closed hand strikes (eg ippon ken, chisel fist, hammer, hook, uppercut)
Traditional Punching: jodan tsuki, chudan tsuki, gedan tsuki
Elbows: 3 elbows
Leg Strikes: stomp, push, knee, front kick (COMBINATION with partner)
front scissor kick, round house, side kick (COMBINATION with partner)
thigh kicks, sweeps
spinning back kicks and crescent kicks
axe kicks and jumping kicks

Partner Drills: Jab, reverse, front kick » parry, parry, lower block
Front scissor, round, side » skip back, step back, skip back
Roundhouse, spinning back kick, front round house, spinning back kick »
Defence drill »

One and Two Step Sparring: jodan, chudan and gedan strikes » blocks and strikes

PURPLE BELT - STRIPE TWO**GRAPPLING SKILLS***Mouth Guard. Head Gear. Boxing Gloves. Heavy Duty Leg Guards. MMA Gloves. Boken. REQUIRED*

Leadership: *Teacher Assistant to 6 Children's classes (first set of six). Grade others.*
Fit Belt: *KNOWLEDGE LOYALTY TRUTH TRUST HUMANITY COURTESY*

Warm Ups: joint rotations (start at toes, finish at fingers)
 HIIT: 10 Burps + 10 Push Ups + 10 Sit Ups + 10 Superman's ...
 + 10 Squats + 20 sec Plank + 2 YTW holds + 10 Fists.
 REPEAT HIIT, 2 to 5 times

Stretches: crawl, prawn, bridge
 back, neck, shoulder

Breakfalls:

backward
 side breakfall
 forward break fall
 forward roll
 backward roll

Throws: (various but not all throws may be graded)

outer reap	osoto gari
minor inner reap	kosoto gari
inner reap	ouchi gari
hip throw	ogoshi
uchi mata	inner thigh throw
shoulder throw	ippon seoinage
body drop	tai otoshi

Locks:

*inner wrist lock # 1
 *outer wrist lock # 2
 *inner wrist # 3
 *outer Wrist # 4
 *straight arm bar juji gatame
 *hammer lock (variations)
 *waki gatame

Hold Downs:

*scarf hold	kesa gatame
*shoulder hold	kata gatame
ground 1.	
ground 2	
side control	yoko shiho gatame

Take Down:

front leg shoot

Defence or Counter from ...

leg shoot	sprawl or switch
osoto gari	osoto gari
ogoshi	tani otoshi
kesa gatame	
ground 1 and 2	
side control	
strangles	

Strangles:

*front strangle kata juji jime
 *rear strangle hadake jime

Combinations:

*wrist locks to the ground and hold down
 *clinch to the ground and hold down
 throws and ground follow up

Training Drills:

1 on 3 throwing

Grappling/Throwing/Shoot:

2 x 2 min randori*
 2 x 3 min grappling*
 2 x 2 min shoot*
 (* not all rounds may be completed)

***Control**

****Exceptions** for back and other Injuries may occur, replace with Kata (hard and soft), weapons, SD drills

PURPLE BELT - STRIPE THREE**TRADITIONAL FORMS and WEAPONS**

Mouth Guard. Head Gear. Boxing Gloves. Heavy Duty Leg Guards. MMA Gloves. Boken. REQUIRED

Leadership: *Teacher Assistant to 6 Children's classes (second set of six). Grade others.*
Fit Belt: *KNOWLEDGE LOYALTY TRUTH TRUST HUMANITY COURTESY*

Kata: Yoi. Tensho. Bunkai
Yoi. Naihanchi. Bunkai
Yoi. Seinchin. Bunkai

Weapons: Nunchaku kata
Jo or bo kata
Boken strikes and stances

PURPLE BELT - STRIPE THREE continued ...**SELF DEFENCE**

Mouth Guard. Head Gear. Boxing Gloves. Heavy Duty Leg Guards. MMA Gloves. Boken. REQUIRED

Leadership: *Teacher Assistant to 6 Children's classes (second set of six). Grade others.*
Fit Belt: *KNOWLEDGE LOYALTY TRUTH TRUST HUMANITY COURTESY*

Shadow Defence:

1. from push - double block
2. from knees - double lower block
3. from a reverse punch - step back/across with an upper block
4. from one hand hold - hands ready, then trap and hit
- 5.a from knife threat - hands up, back away and give what they ask.
- 5.b from knife threat - hands ready, then block or grab, strike aggressively ...
6. from knife attack - ...

Self Defence from:

1. clinch
2. push
3. knees
4. reverse punch
5. jab reverse
6. one hand holds
7. wrist holds
8. rear bear hug
9. rear choke
10. side head lock
11. full nelson
12. two hand holds
13. grab and punch
14. wall attack
15. ...

Gang Defence:

1. ground kicks
2. multiple BAGS
3. multiple ground
4. two on one holds
5. gauntlet (walk bye/verbal/physical)
6. coward punch

Weapons Defence:

1. knife threats - various
2. knife attacks - various
3. baseball bat attacks

Guidance on

- 'Responsible and Respectful Behaviour'*
- 'Self Control and Respect for others'*
- 'On-Line Predators'*
- 'Group Restraint'*
- 'Mind Body Spirit'*
- 'Finding Your Inner Calm'*

BROWN BELT**SPARRING and FINAL ASSESSMENT**

Mouth Guard. Head Gear. Boxing Gloves. Heavy Duty Leg Guards. MMA Gloves. Boken. REQUIRED

Leadership: *Teacher Assistant to 6 Children's classes (second set of six). Grade others.*
Fit Belt: *KNOWLEDGE LOYALTY TRUTH TRUST HUMANITY COURTESY*

Kata: Tensho
Seinchin
Naihanchi

Warm Up: joint rotations (start at toes, finish at fingers)
100 star Jumps, 100 running punches, or 40 burpees

Stretch: x 12 (6 previous, 1 lower back, 1 hamstring, 1 arm/shoulder include 2 PNF)

50-60 x push ups* * can be split into 2 sets
50-60 x sit ups*
20 x supermans*
40-50 x squats*
60 second plank
10 x YTW
20 x fists*

Sparring: (various but not all rounds may be completed)
2 x 2 minute point sparring
2 x 2 minute boxing
2 x 2 minute kickboxing
2 x 2 minute randori
2 x 2 minute shoot
3 x 3 minute grappling

Impact Training: 2 x rounds of contact sparring from a Senior Belt
(this can take place in the above rounds)
or impact training in stance

NOTE:

At or after Brown Belt, a Senior First Aid Certificate is required.



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Purple Belt to Brown Belt

Purple Stripe ONE
Purple Stripe TWO
Sword Stances



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Purple Belt to Brown Belt

Purple Stripe THREE
Sword Cuts
Brown BELT