

# Purple Belt



## All earlier Belts requirements

Techniques performed with stronger power and balance, increase stamina & endurance.

## Punches

- 1) Working jabs into combinations
- 2) Working off the rope kicks & punches

## Kicks

- 1) Front snap kick fast jab, side kick jab, round kick, mixing kick with focus and power
- 2) *Jumping* Turn Side Kick
- 3) *Jumping* Hook Kick
- 4) *Jumping* Spinning Round Kick
- 5) *Jumping* Spinning Crescent

## Heavy Bag & Speed Bag

### Mitt Work

Working drop & pop up with punches  
Side to side with counter punching

## Shadow Boxing

(Alone & with opponent using all techniques)

## Ring Work

(With Contact, *Improved* Movement, & Counter Punching skills)