

LITTLE DRAGONS KICKBOXING

11th GRADE PURPLE BELT

PUNCHES

Jab
Reverse Punch
Angle Jab
Uppercut (front & rear)
Hook (front & rear)
Back Fist (front)
Ridge Hand (front & rear)
Over Head Hook (rear)
Inward Knife Hand (rear)
Spinning Back Fist (rear)

COMBINATION

White Belt Yellow Tag
Yellow Belt Blue Tag
Blue Belt Green Tag
Green Belt Orange Tag
Orange Belt Purple Tag

BREAKING

2 Breaks to get Belt

KICKS

Front Kick (front & rear)
Round Kick (front & rear)
Side Kick (front & rear)
Hook Kick (front & rear)
Axe Kick (front & rear)
Jumping Front Kick (rear)
360 Round Kick
Spinning Hook Kick (rear)
Spinning Heel Kick (rear)
Jumping Side Kick (rear)

KICK BUILDERS

White Belt
Yellow Belt
Blue Belt
Green Belt
Orange Belt
Purple Belt

BLOCK & COUNTER

Step Parry & Jab
Step Inward Block
Step High Block
Step Single Palm Block
Step X Fist
Step Outer Forearm

SPARRING

Free Sparring

THEORY

Hall Etiquette
Training Code
Techniques
Theory of Power

PAD WORK

Combination
Holding the Pads

PURPLE BELT KICKBUILDER

Left Fighting Stance Spinning Back Kick with the Rear Leg Stepping down in to Right Fighting Stance (keeping guard up) Perform 4 Times moving forward

Left Fighting Stance lift the Front Knee and Perform Back Kick SLOWLY (counting to 4) Step back in to Right Fighting Stance Perform 4 Times moving back

Left Fighting Stance Front Kick then Round Kick and then Side Kick with the Rear Leg and then Spinning Back Kick (keeping guard up) Stepping Back into Left Fighting Stance (keeping guard) Perform 2 Times Change Stance

Right Fighting Stance Front Kick then Round Kick and then Side Kick with the Rear Leg and then Spinning Back Kick (keeping guard up) Stepping Back into Right Fighting Stance (keeping guard) Perform 2 Times moving forward then Spot Turn