



Preparation for purple belt grading (Kids):

Striking and kicking (from fighting stance):

- Fighting Stance
- Jab, cross punches
- Hook punches
- Uppercut punches
- Knee – with the back leg
- Front kick – with the back leg and landing forward
- Basic Combination

Release from grabs and holds:

- Release from one hand grab – from the front
- Release from a two handed grab – from the front
- Release from a wrist hold held by the same side hand - Release and use of voice

Ground defence:

- Breaking a fall – from seating
- Half roll backwards - from seating