



Purple

Bill Adams Martial Arts and Fitness Center

Class Curriculum

By Jonathan Ertel

Purple Belt – Brown Belt

Self-Defense

- **Front Kick (right leg)** - step back with right leg hook block → kick underneath to groin → step behind horse stance → grab shoulders and throw over → double punch and kiai → fighting guard
- **Slide Up Kick (right leg)** – step back on angle → hook block down → ricochet off back fist → punch with opposite hand → grab shoulder and arm → sweep with left leg → finish with left leg X kick down and kiai → retreat into fighting guard
- **Round House (right leg)** – step in with right → X block (right hand on top of left) → slide up and trap with left hand as right hand does back fist to side of the head → grab shoulder → inner reap sweep → kick down to groin and kiai → fighting guard

Kata —

- Sai Drill
- Bo Bo Kumite
- Sanchin

(student must have mastered all prior katas before testing)

Jiu Jitsu

- Wrist lock
- Arm bar
- S curve arm bar
- Pistol grip
- Reverse Wrist lock

5 Transition Drill

(1) Wrist block to (2) pistol to (3) S curve to (4) arm bar to (5) reverse wrist lock