

# YOUNG ADULTS - PROBATION PURPLE

## Level Notes:

Once you have learnt your techniques they must be practiced on the pads.

Partner drills: To achieve required fluency they must be well drilled.

Record rounds below each week and submit this sheet with your grading form prior to grading.

## Round Requirements:

15x3 minute rounds. These must be recorded at the back of the attendance register.

### Progress Check 1

Low Roundhouse Kick	<i>Step left 45, bend supporting leg, drop weight and pump arms.</i>	
Spinning Outer Crescent Kick	<i>1. Stationary 2. Advancing</i>	<i>Change stance after every kick</i>
Jab, Rear Body Hook, Rear Uppercut, Lead Hook	<i>Drill both stances and during padwork</i>	
Jab, Cross, Lead Body Hook, Lead Uppercut, Cross	<i>Drill both stances and during padwork</i>	
Untol (High)	<i>Stick work variation of Redonda 6 count</i>	

### Progress Check 2

Hopping Mini Hook Kick (Lead)	<i>Change stance after every kick</i>		
Side Kick from Floor	<i>Use supporting knee or foot.</i>	<i>Change leg after every kick.</i>	
7 Strikes	<i>With diagonal stepping</i>		
Thai Pad Combo 7	<i>Slip cross pad, counter with Lead Body Hook, Lead head hook, Cross, Lead U/Cut</i>		
Thai Pad Combo 8	<i>Jab, Cross, R/House (rear leg - adv), Knee (lead-adv), Downward Elbow (rear)</i>		
Self Defence	<i>Head Lock - Rear (BOTH sides)</i>		
Pad Coaching	<input type="checkbox"/> <i>Correct Stance</i>	<input type="checkbox"/> <i>Reinforce Pad on Impact</i>	<input type="checkbox"/> <i>Loud &amp; Clear Verbal</i>
	<input type="checkbox"/> <i>Correctly held for Straights</i>	<input type="checkbox"/> <i>Correctly held for Hooks</i>	<input type="checkbox"/> <i>Correctly held for U/Cut</i>
	<input type="checkbox"/> <i>Correctly held for R/House</i>	<input type="checkbox"/> <i>Correctly held for Elbows</i>	<input type="checkbox"/> <i>Correctly held for Knees</i>
	<input type="checkbox"/> <i>Maintain Range for reach</i>	<input type="checkbox"/> <i>Circle after combos</i>	<input type="checkbox"/> <i>Use Belly Pad (optional)</i>

### Progress Check 3

Jab (advancing) – Hopping Side Kick (lead leg) – Back Thrust	<i>Change stance after every combination</i>
Self Defence	<i>Head Lock - front / guillotine (BOTH sides)</i>
Revise: All Previous Levels	

### Grading: Physical Component:

Push-ups	35
Sit-ups	35
Squats	35
Thai Pads	3x3 min round

### Belt Theme: COMPLETION

**“Many of life’s failures are by people who did not realise how close they were to success when they gave up!”**

Completion is the ability to continue and finish anything important that you may start. We almost always know what we should do, however we don’t always do it. ‘Follow through’ is the ability to do what we know we should do, until the task is completed. In martial arts training, a partially completed technique or combination can be very dangerous. It demonstrates to your opponent a lack of commitment and confidence, and can leave you in an awkward position, off balance and open to attack. ‘Following through’ with your strikes is also very important for maximum effectiveness and power. Think of some projects you have started but not finished, and take action to finish them before you start any new projects. During your martial arts training there will always be ‘hills and valleys’. Hills are times when you are highly motivated such as after being promoted in rank. Valleys are when you temporarily lose motivation until the next hill is visible - we all experience valleys but understand they are only temporary!

Think back to the reasons why you began Wilkes Martial Arts and re-committ to those original goals.