

YOUNG ADULTS - 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.

Round Requirements:

20x3 minute rounds. These must be recorded at the back of the attendance register.

Progress Check 1

Jumping Knee	<i>Take-off and kick with same leg. Change stance after every kick.</i>
Step-Up Cross	<i>Step fwd with L leg, then step R leg up to L leg, then step fwd with L leg WITH punch</i>
Thai Pad Combo 9	<i>Jab, Duck Partners Rear Hook, Lead Hook, Cross</i>
Thai Pad Combo 10	<i>Jab, Cross, Lead Hook, Side Kick (lead leg), Back Thrust</i>
Advanced Redonda	<i>Variation of Redonda 6 count. Emphasis on the over head strikes for each side</i>
Self Defence	<i>Arm held behind back (both sides) (Prepare TWO defences)</i>

Progress Check 2

Jumping Back Thrust Kick	<i>Change stance after every kick</i>
Jab (step lead 45), Cross, Lead Uppercut, Rear R/house, Spinning Outer Crescent Kick	
Amara (1-2)	<i>Filipino stick-fighting combinations</i>
Sparring Counter Demonstration	<i>Show how to defend and counter against a range of different strikes.</i>
Dynamic Self Defence	<i>Against Cross punch. Prepare 2 defences</i>

Progress Check 3

Jab - Cross - Inside Leg Kick (front) - Roundhouse (land fwd) - Back Hook Kick	<i>Change stance after every combination</i>
Thai Kick Drill	<i>1) Knee, Kick, Knee - Practice both sides. Punch bag or thai pads. 2) Kick, Knee, Kick - Practice both sides. Punch bag or thai pads.</i>

Revise: All Previous Levels

Grading: Physical Component:

Push-ups	35
Sit-ups	35
Squats	35
Thai Pads	3x3 min round
Sparring	1x2 min round

Belt Theme: COMMITMENT

**“True perfection is unattainable. But if you chase perfection, you will catch excellence. Commit to excellence”
- Vince Lombardi (1913-1930)**

In the martial arts, to hesitate is a cardinal sin. When you hesitate, you leave yourself vulnerable to attack and your strikes are not as powerful because they are not executed with full intent. Commitment means giving all your attention and effort to every movement or strike attempted. “Until one is committed, there is hesitancy, the chance to draw back - Concerning all acts of initiative (and creation), there is one elementary truth that ignorance of which kills countless ideas and splendid plans: that the moment one definitely commits oneself, then Providence (foresight) moves too. All sorts of things occur to help one that would never otherwise have occurred. A whole stream of events issues from the decision, raising in one’s favor all manner of unforeseen incidents and meetings and material assistance, which no man could have dreamed would have come his way. Whatever you can do, or dream you can do, begin it. Boldness has genius, power, and magic in it. Begin it now.” - Johann Wolfgang von Goeth - German philosopher / writer / lawyer (1749-1832)

ZEN PROVERB: “If you are going to sit, SIT. If you are going to stand, STAND. Whatever you do, don’t WOBBLE.”