



**A black belt is a white belt who never quit.**

### **PURPLE Belt Curriculum**

Your PURPLE curriculum will take approximately 3 months or 24 classes.

### **PURPLE Belt Techniques**

- 1) All WHITE Belt Techniques**
- 2) All YELLOW Belt Techniques**
- 3) All ORANGE Belt Techniques**

#### **4) Driving Elbows**

Attacker - Bear hug from behind arms pinned.

Defender

- Step forward with left leg into a sparring stance as right elbow strikes to ribs & left uppercut breaks the hold.
- Turn as left elbow to ribs.
- Turn as right elbow to ribs.
- Right back kick and cover out.
- Guard.

#### **5) Shackle Break**

Attacker - Double wrist grab from behind.

Defender

- Counter grab.
- Hop forward onto left foot as right back kick pulling the attacker into the kick.
- Guard.

#### **6) Dancer**

Attacker - Rear two hand choke.

Defender

- Left foot steps behind the right foot as left chops to groin and right hand checks.
- Bend forward turning into a horse stance as right ridge hand to groin.
- Left hand up cover.
- Step out with the right foot into a sparring stance.
- Guard.

### **PURPLE Belt Katas**

- 1) All WHITE Belt Katas**
- 2) All YELLOW Belt Katas**
- 3) All ORANGE Belt Katas**

#### **4) AmeriKick 2**

- Horse Stance.
- Step forward with right foot into a sparring stance as right inward block.
- Right chop.
- Step forward with left foot into a sparring stance as left inward block.
- Left chop.
- Step back with left foot bringing your feet together and turn sideways.
- Right high chop.
- Right side kick advancing and landing into a sparring stance with right outward chop block.
- Step back with your right foot into a reverse bow stance and double palms high and low.
- Step back with your left foot into reverse bow and double palms high and low.
- Left reverse punch in a soft bow stance.
- Chicken kick (left-right).
- Spin around into a left chop to 12 o'clock.
- Right reverse punch dropping down onto right knee.
- Stand up and high x block.
- Drop into horse stance with double downward blocks.
- Right reverse punch to left angle turning into a bow stance.
- Left reverse punch to right angle turning into a bow stance.
- Step forward with your left foot into a forward bow stance with a right reverse punch.
- Horse stance fist cover.
- Bow.
- AmeriKick team salute.

### **PURPLE Belt Basics**

- 1) All WHITE Belt Basics**
- 2) All YELLOW Belt Basis**
- 3) All ORANGE Belt Basics**
  
- 4) Inverted Punch**
- 5) Side Kick**
- 6) Chicken Kick**
- 7) Hook Kick**
- 8) Bow Stance**
- 9) Reverse Bow Stance**
- 10) Front Kick, Side Kick (to the side)**
- 11) Front Kick – Roundhouse Kick**

### **Intermediate Student Creed**

As a dedicated AmeriKick student, I intend to develop myself in a positive manner, and never do anything that will hinder my mental or physical growth.