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## **PURPLE BELT**

Purple Belt signifies the evening sky. The changes that occur in transition as day turns into night are as vivid and evident as the changes that occur in a Martial Artist's journey. Purple Belt represents the beauty of this transformation and evolution of mind and body.

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### **PURPLE BELT CURRICULUM - TAEKWONDO / MUAY THAI**

1. Taekwondo 360 Degree Kicks
2. Pummeling / Clench Game

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### **PURPLE BELT CURRICULUM - JUN FAN / JEET KUNE DO**

Loy Da Series (1-4) —

1. Off Jab - Loy da, jut sao, cross, hook, cross, lead o'ou tek
2. Off Jab - Loy da, roll over gua choy, cross, hook, cross, lead o'ou tek
3. Off Jab - Loy da, roll over gua choy, lop sao, gua choy, cross, hook, cross, lead o'ou tek
4. Off Jab - Loy da, roll over gua choy, pak sao da, ball and socket, lop sao da, cross, hook, cross, lead o'ou tek

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### **PURPLE BELT CURRICULUM - KALI / ESKRIMA / SILAT**

1. Silat - Puter Kapala
2. KDM - Lock Flow 3
3. KDM - Cross Block Drill (Sticky Hands Drill)

