



## Purple 5th Grade Syllabus REQUIREMENTS

### DEMONSTRATE FROM BOTH LEFT & RIGHT STANCE

- 1.) Demonstrate Yellow, Blue, Green and Red Grades with Improved Power and Speed.
- 2.) 3 Rounds of 2min Skipping.
- 3.) 3 Rounds of 2min Shadow Boxing and Hand Weights.
- 4.) 2 Rounds of 2min Shadow Kicking with Hand and Leg Weights.
- 5.) Demonstrate Jumping Knee and Front Kicks.
- 6.) Round Kick into Side Kick without putting Foot Down.
- 7.) Back Leg Crescent Kick Turn 360 Degree into Spinning Crescent.
- 8.) Demonstrate Capira Style Drill.
- 9.) Demonstrate Escrima & Strikes (Single Stick).
- 10.) Demonstrate Single Escrima Stick 10 Combinations Drill.
- 11.) Demonstrate Roof Block and Inside Sweep.
- 12.) Demonstrate Defence against (grab and punch).
- 13.) Demonstrate Double Wrist Grab Defence from Front.
- 14.) Demonstrate Defence against Single Wrist Grabs.
- 15.) 2 Rounds of 2mins Pad Work (Boxing only).
- 16.) 2 Rounds of 2mins Pad Work (Kickboxing).
- 17.) 2 Rounds of 2mins Pad Work (Thai-Boxing).
- 18.) 2 Rounds of 2mins Pad Work.
- 19.) 6 Rounds of 2mins Sparring (1Boxing/ 2 Kicking/3 Thai Boxing).

20.) Circuit Exercises (Spirit Test).

21.) Break – 1 Board.