

Purple Belt

Week Number	Basics Unit	Throwing Unit	Kata and Fitness Unit
Week 1	Fighting stances Snap Kick	Rolling Break Fall	First three moves of kata 3 Worksheets
Week 2	Straight Punch Over week 1	From Push Wrist Lock Take Down	Following three moves Circuits recap on kata 3
Week 3	Roofing Block	Drop Spinning Leg Reap Rock Up	Stretching form 1/2 Kata 3
Week 4	Horse Stances Refresh over course	Ball Standing Hook Sweep Sweeps	last three moves of kata 3
Week 5	Outside Crescent Kick	Exchanges between Scarf Holds	full kata Circuits
Week 6	Intro to Sparring Sparring Drill I	Exchanges	Kata 3 Sparring
Week 7	Intro to Sparring Sparring Drill	Sparring Revision	circuits/ stretching Kata 3 Randori
Week 8	Roundhouse Kick Kiai	Defences Hip Throw Sweeping Hip Throw	Worksheet update cover basics
Week 9	Jab Punch Reverse Punch	Dropping Shoulder Throw	Cover throws worksheets in Kata 3
Week 10	Revision of Basics	Seor-Nagi Wrist Lock	Basics kata3/ stretching revision of course/ sparring
Week 11	Sparring Class Revision of Basics	Reclining Throw Revision	
Week 12	Assessment Certification	Assessment Certification	Assessment Certification/Grading



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Grading Syllabus for Green Belt to Purple Belt

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Green Belt

Blue Belt

Week Number	Basics Unit	Throwing Unit	Kata and Fitness Unit	Week Number	Basics Unit	Throwing Unit	Kata and Fitness Unit
Week 1	Fighting stances Snap Kick	Forward and Backward Roll From Push	First three moves of kata 2 Worksheets	Week 1	Front Kick Snap Kick	Diving Roll	First three moves of kata 2 Worksheets
Week 2	Straight Punch Over week 1	Forward Break Fall Crouching Wrist Lock	Following three moves kata 2 Circuits recap on kata kata 2	Week 2	Reverse Punch Over Week 1	Standing Front Break Fall	Following three moves kata 2 Circuits recap on kata kata 2
Week 3	Roofing Block	Inside Hook Sweep Sweeps	Stretching form 1 Kata 2	Week 3	Outside/ Inside Block	Drop Spinning Leg Reap	Stretching form 1/2 Kata 2
Week 4	Horse Stances Refresh over course	Ball Standing Hook Sweeps Hook Sweeps	last three moves of kata 2	Week 4	Horse Stances Refresh over course	Ball Standing Hook sweeps	last three moves of kata 2
Week 5	Outside Crescent Kick	Broken Scarf Hold	full kata Circuits	Week 5	Inside Crescent kick Sparring	Exchanges between Scarf Holds	full kata Circuits
Week 6	Intro to Sparring Sparring Drill 1	Exchanges	Kata 2 Sparring	Week 6	Sparring	Exchanges	Kata 2 Sparring
Week 7	Intro to Sparring Sparring Drill	Sparring Revision	circuits/ stretching Kata 2 Randori	Week 7	Sparring Roundhouse Kick	Sparring Revision	circuits/ stretching Kata 2 Randori
Week 8	Roundhouse Kick Kiai	Defence Hip Throw Hold	Worksheet update cover basics	Week 8	3 level Punch	Dropping Hip Throw	Worksheet update cover basics
Week 9	Jab Punch Reverse Punch	Sweeping Body Drop Shoulder Throw	Cover throws worksheets in Kata 2	Week 9	Uppercuts Hook punch	Defences t Shoulder Throw	Cover throws worksheets in Kata 2
Week 10	Revision of Basics	Figure 4 Lock Standing Randori	Basics kata2/ stretching revision of course/ sparring	Week 10	Revision of Basics	Outside Wrist Throw	Basics kata2/ stretching revision of course/ sparring
Week 11	Sparring Class Revision of Basics	Dropping Shoulder Drop	Assessment Certification/Grading	Week 11	Sparring Class Revision of Basics	Sweeping Hip Throw	Assessment Certification
Week 12	Assessment Certification	Assessment Certification	Assessment Certification/Grading	Week 12	Assessment Certification	Assessment Certification	Assessment Certification/Grading