

Purple Belt Orientation

What is an orientation? What orientations have you already had? What was the purpose of the orientations? What did you learn?

Introduction to
New material, expectations, safety, responsibility for equipment

Today we will review the Purple belt outline and purple belt requirements.

- To become a purple you have to grow up and mature. This will be an ongoing and continuous process in White Tiger.
- You have to make a commitment to do your best. That means make your best effort in all classes, not sometimes, not just when you feel like it, but ALL THE TIME.
- You have to make a commitment to keep your word. If you have committed to 3 classes a week for 2 hours at a time. Be there, be on time with a good attitude and best effort. If you cannot be there, call or email. Let us know, that is being responsible.
- As you progress in rank, you are expected to be more responsible and to take on more responsibility. You will be expected to take the lead in lower belt drills, exercises. To do this you need to know them and all your belt material.
- This is part of growing up and is essential if you want to earn a black belt when you become an adult.
- Mr. Ito does not have any black belts under 18, because White Tiger curriculum is an adult study requiring maturity, commitment, responsibility and accountability.

Review:

Everything we do at White tiger is progressive; everything builds on the lower belt basics. Our curriculum runs in a 12 month cycle that includes quarterly Tournaments, testing for belt advancement, weekly class rotations, and orientations for new skills or belt levels.

Progressive: Continue to drop back and improve your lower belt basics. They have to improve.

W/Y - basics, theories, attitudes

Orange – Form, Focus, Power, theories, attitudes – Improved basics

Purple – Slow, smooth, soft for soft hand - work you theories and attitudes

Purple Theories & Attitudes

Soft hand, sticky hand & consistent practice

MAPSPD

New Kicks

All kicks start with 4 count kick, you are just adding to it. Cross over is the next version of a shuffle kick and will get you closer to your opponent.

Spinning – moves you to the side with a cheat step

Jumping – do knee ups, then jumping cranes, then jump, crane, kick (4 count)

Ground Defense

Add side break fall

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Open Hand blocks – show them: Practice Kata 1 and Kata 2 slow, smooth, soft, open hand

Octagon Form

Set 4 people in position of 4 directions of attack (can use numbers also)

Bend your knees, get into 7 stars ready position, Step to front corner- explain “this is your escape angle”

Rear corner etc

Techniques:

Rising Knee

Flash of Silver A

Mass Attacks – you will develop peripheral vision and learn to use more of your senses

Weapons Testing – Jo & Escrima

Technical Conditioning Test L3 – sets of 30