

## 6<sup>th</sup> GRADE – PURPLE BELT

1. Side kick – step up hook kick – spinning hook kick
2. Backfist – reverse punch- jumping side kick- back kick – backfist – reverse
3. Outer crescent – inner crescent – spinning hook kick
4. Roundhouse kick – front and back leg sweep
5. Roundhouse – spinning hook kick - reverse punch
6. Jumping back kick – hook kick – backfist – reverse – uppercut
7. Jumping front kick
8. Jumping side kick
9. Jumping roundhouse kick
10. Jumping axe kick
11. Jumping crescent kick
12. Jumping back kick
13. Sliding jab – reverse punch – one step roundhouse kick – Reverse punch
14. Step forward jab – reverse punch - front kick – side kick – back kick – reverse punch

1 – 10 Blocking Routine

### SPARRING

Street Self Defence no. 7 & 8

Two Weapons Self Defence

SHADOW BOXING – BAG WORK  
HORSE STANCE AND PUNCHES

**KATA PINAN GODAN**