

# PURPLE BELT RED TAG SYLLABUS



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## 1. Leading Hand Body Punch

**i** This punch can be applied either by keeping your weight forwards or by shifting over. Starting from front stance....

- ✦ Push off with the rear foot so that your heel is lifted off the ground bringing your body weight forwards.
- ✦ Keeping your hands up in the defensive guard, rotate your hips round so that your shoulders are just past square onto the attacker.
- ✦ Rotate your hips forwards whilst dropping and retaining your leading arm so that your chest has opened (Pre-stretch) and your fist points towards the target.
- ✦ Release your leading arm so that it accelerates horizontally towards the side of the attackers mid section (Floating Ribs & Kidneys etc).
- ✦ Contact is made using the first two knuckles of your fist which is turned vertically so that your thumb is pointing upwards.
- ✦ Continue to accelerate through the target until all the energy of the punch has been dissipated, finally relaxing your arm back in a horizontal circular movement into the original defensive guard position.



## 2. Rear Hand Body Punch

Starting from front stance....

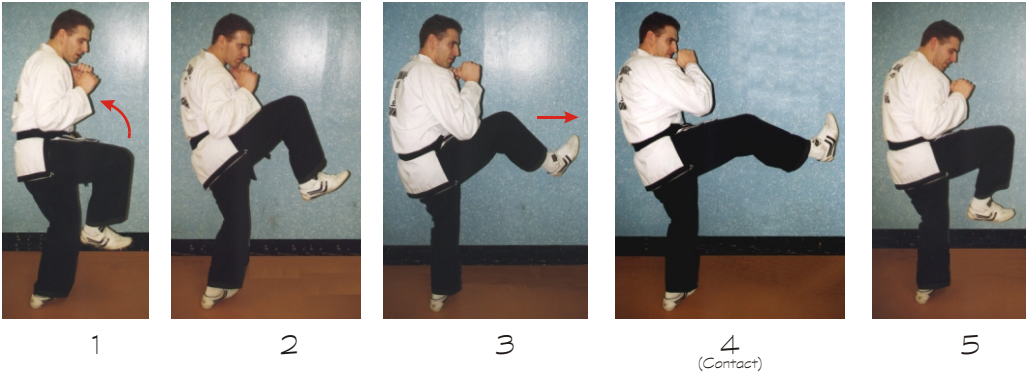
- ✦ Push off with the rear foot so that your heel is lifted off the ground bringing your body weight forwards.
- ✦ Keeping your hands up in the defensive guard, retain your rear arm whilst you rotate your hips forwards so that your shoulders are square onto the attacker and your chest has opened up.
- ✦ At the optimum point (Pre-stretch), release your arm so that it drops down and accelerates horizontally towards the side of the attackers mid section (Floating Ribs & Kidneys etc).
- ✦ Contact is made using the first two knuckles of your fist which is turned vertically so that your thumb is pointing upwards.
- ✦ Continue to accelerate through the target until all the energy of the punch has been dissipated, finally relaxing your arm back in a horizontal circular movement into

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## 3. Leading Leg Heel Kick

Starting from front stance...

- ✦ Keeping your upper body straight, shift your weight back onto your rear leg, swing your leg forwards whilst simultaneously drawing your knee up into your chest.
- ✦ Push off with your rear foot as you extend your leading leg out towards the attacker, curling your toes back to expose the heel.
- ✦ Contact is made using the heel of your foot to the attackers chest.
- ✦ Continue to follow through the target ensuring that your knee does not lock out to dissipate the energy of the kick.
- ✦ Finally, recoil your leg back out of the attacker and control it back into a stable front stance.



## 3. Rear Leg Heel Kick

Starting from front stance...

- ✦ Keeping your upper body straight, shift your weight forwards onto your leading leg, swing your leg forwards whilst simultaneously drawing your knee up into your chest.
- ✦ Push off with your leading foot as you extend your rear leg out towards the attacker, curling your toes back to expose the heel.
- ✦ Contact is made using the heel of your foot to the attackers chest.
- ✦ Continue to follow through the target ensuring that your knee does not lock out to dissipate the energy of the kick.
- ✦ Finally, recoil your leg back out of the attacker and control it back into a stable front stance.

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## 4. Purple Belt Red Tag Pattern

Start from Ready stance...

- ✦ Step back with your Left foot to take you into Right front stance.
- ✦ Open Hand Inward Block (Face Height) with your Right Hand (with a loud assertive yell).
- ✦ Rear Hand Inward Punch (Left Hand).
- ✦ Rear Leg Ball of Foot Swing Kick (Left Leg) and step down into Left front stance.
- ✦ Back Fist Strike (Left Hand).
- ✦ Rear Inward Punch (Right Hand) shifting forwards.
- ✦ Leading Round Punch (Left Hand).
- ✦ Weave (Rear to Front).
- ✦ Front Round (Defensive) Punch (Right Hand) shifting over.
- ✦ Turn 90 degrees to the Right (you should now be in right front stance).
- ✦ Open Hand Inward Block, Rear Inward Punch, Rear Leg Swing Kick (B of F) Leading Hand Back Fist Strike, Rear Inward Punch, Leading Round Punch (shifting forwards), Weave, Front Round (Defensive) Punch (shifting over).
- ✦ Turn 90 degrees to the right.
- ✦ Open Hand Inward Block, Rear Inward Punch, Rear Leg Swing Kick (B of F) Leading Hand Back Fist Strike, Rear Inward Punch, Leading Round Punch (shifting forwards), Weave, Front Round (Defensive) Punch (shifting over).
- ✦ Turn 90 degrees to the right (Final Side).

**Combi**

Open Hand Inward Block, Rear Inward Punch, Rear Leg Swing Kick (B of F) Leading Hand Back Fist Strike, Rear Inward Punch, Leading Round Punch (shifting forwards), Weave, Leading Round Punch (shifting over) with an assertive yell to symbolize that you have now completed the first side.

Bring your feet together back into ready stance.

- ✦ Step back with your Right foot to take you into Left front stance.
- ✦ Open Hand Inward Block (Face Height) with your Left Hand (with a loud assertive yell).
- ✦ Rear Hand Inward Punch (Right Hand).
- ✦ Rear Leg Ball of Foot Swing Kick (Right Leg) and step down into Right front stance.
- ✦ Back Fist Strike (Right Hand).
- ✦ Rear Inward Punch (Left Hand) shifting forwards.
- ✦ Leading Round Punch (Right Hand).
- ✦ Weave (Rear to Front).
- ✦ Front Round (Defensive) Punch (Left Hand) shifting over.
- ✦ Turn 90 degrees to the Left (you should now be in left front stance).
- ✦ Open Hand Inward Block, Rear Inward Punch, Rear Leg Swing Kick (B of F) Leading Hand Back Fist Strike, Rear Inward Punch, Leading Round Punch (shifting forwards), Weave, Front Round (Defensive) Punch (shifting over).
- ✦ Turn 90 degrees to the left.
- ✦ Open Hand Inward Block, Rear Inward Punch, Rear Leg Swing Kick (B of F) Leading Hand Back Fist Strike, Rear Inward Punch, Leading Round Punch (shifting forwards), Weave, Front Round (Defensive) Punch (shifting over).
- ✦ Turn 90 degrees to the left (Final Side).

**Combi**

Open Hand Inward Block, Rear Inward Punch, Rear Leg Swing Kick (B of F) Leading Hand Back Fist Strike, Rear Inward Punch, Leading Round Punch (shifting forwards), Weave, Leading Round Punch (shifting over) with an assertive yell to symbolize that you have now completed the second side.

- ✦ Remain in your stance with your guard up until told by the Instructor.

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## A. Grading Consolidation:

This level is regarded as a consolidation of all the junior level techniques so that it prepares the student for entry into the senior belt class (Red belts to Provisional Black Belt). Each student will be required to perform all of the junior belt level techniques and defence drills during their grading to demonstrate that they have understood the basic foundations of Dynamic Self Defence.

## B. Attack Drill:      ⚠ **Hand Safety Must Be Worn During This Drill**

This exercise is similar to the White Belt syllabus except that the student can now demonstrate techniques up to the Purple Belt Red Tag level.

As this level is considered as a consolidation of all the junior levels, student focus should be concentrated upon all the basic skills.

## C. Defence Drills:      ⚠ **Hand Safety Must Be Worn During These Drills**

Defence Drill Number 5 - Stopping Kicks

Refer to the Purple Belt Syllabus (section 6).

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## D. Focus Mitt Sparring:

### Body Punch - Leading and Rear

The focus mitts should be presented in the same way as the upset punches so that the mitt faces are turned slightly down towards the ground and held level with the punchers lower ribs.

- ⚠️ Beginners should first practice this drill stationary using single punches only until their wrists have grown accustomed to this punch. Alternate for the left hand.



### Heel Kick - Front and Rear

For right leg kicks the left mitt should be held to the front and side of the Holder. The mitt face should be presented vertically and held at the attackers waist level (adjust the height for more flexible students).



## E. Shield Sparring Drills:

### SHIELD DRILL NUMBER 4

Refer to the Green Belt Syllabus (section 4).

# PURPLE BELT RED TAG GRADING REQUIREMENTS



- ▶ Purple Belt Red Tag Pattern
- ▶ Purple Belt Red Tag Combination
- ▶ Attack Drill
- ▶ Defence Drills Number 1, 2, 3, 4 & 5
- ▶ Close Range Techniques 1 - 14
- ▶ Focus Mitt Sparring (Up to Drill Number 4)
- ▶ Shield Sparring (Including Bump Drills)
- ▶ Power Test (Rear Leg Swing Kick)