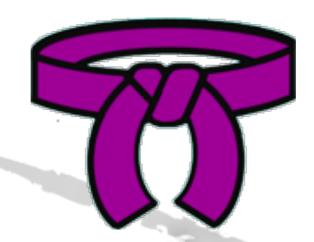
Purple Belt Training Manual

Japanese Name — Sachikyu (8th Level)



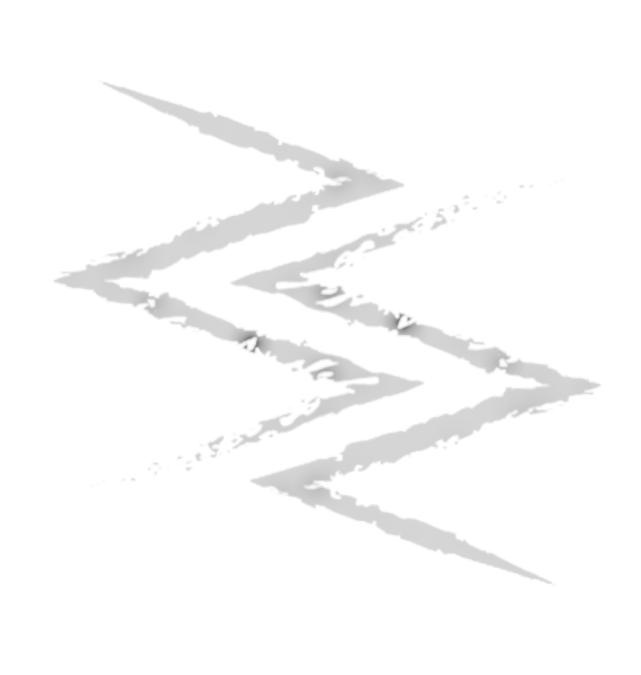
The PURPLE BELT represents the changing of the sky between daylight and dusk illustrating transition from one state into another.

As daylight turns to dusk, life adapts and changes to prepare for the new opportunities and challenges that the night brings.

The Purple Belt begins to undergo a new transition as they journey from the Beginner Levels into the undiscovered Intermediate Levels.

NAME:	
STARTING DATE:	
GOAL TEST DATE:	

Lempo Fundamentals (Basics)



STANCES			
Twist Stance	Learned	In Progress	Test Ready
	Learned	In Progress	Test Ready
	Learned	In Progress	Test Ready
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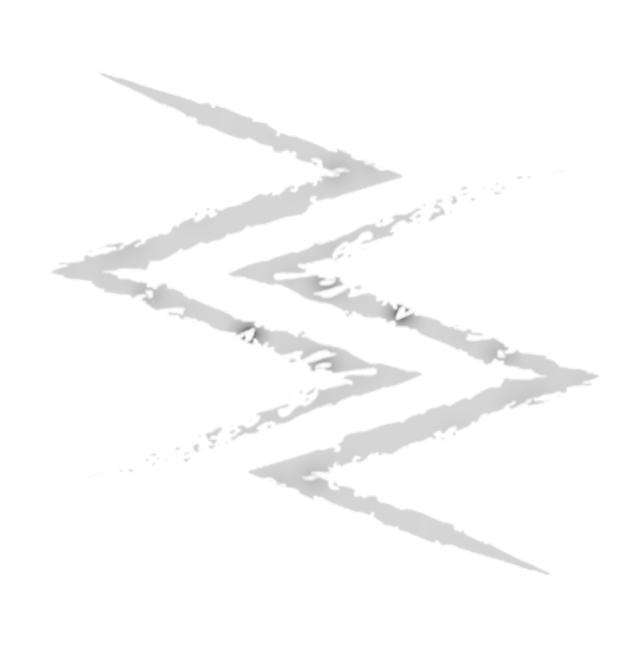
KICKS			
Crescent Kick	Learned	In Progress	Test Ready
Reverse Crescent Kick	Learned	In Progress	Test Ready
Roundhouse Knee	Learned	In Progress	Test Ready
Roundhouse Kick	Learned	In Progress	Test Ready
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MOVEMENT	A.		
MOVEMENT Side Slap Out	Learned	In Progress	Test Ready
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Side Slap Out Forward Roll – Level 1	Learned	In Progress	Test Ready
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BLOCKING			
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Lempo Material



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Skill Development Drills



STRIKING DEVELOPMENT			
Combination Striking – LVL 3	Learned	In Progress	Test Ready
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KICKING DEVELOPMENT			
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Reverse Crescent Developmen	t Learned	In Progress	Test Ready
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Roundhouse Kick Developmen		In Progress	Test Ready
Roundhouse Kick Development Combination Kicking – LVL 4			
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STANCE/MOVEMENT DEV	/ELOPM	ENT		
Forward Shuffle Development	Learned		In Progress	Test Ready
Side Slap Out Development	Learned		In Progress	Test Ready
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Additional Requirements



PAST BELT REQUIREMENTS

Belt Fundamentals	Belt Material	Belt Skill Level
Belt Fundamentals	Belt Material	Belt Skill Level
Belt Fundamentals	Belt Material	Belt Skill Level

Belt Requirement Notes

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Fitness Requirements

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Baseline:	 Goal:	Baseline:	 _ Goal:
	FLEXIBILITY IM	PROVEMENT	
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Baseline:	 Goal:	Baseline:	 _ Goal:
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Lesson Plans

STUDIO LESSON PLAN

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Date / Instructor:	10/14 - Kash	
Lesson/Drill #1	Review Side Shuffle Development #1	* **
	Description	Results
Lesson/Drill #2	Review DM #3 & #7	_ ****
	Description	Results
Lesson/Drill #3	Begin Pinan 1 - Section 1	
	Description	Results
Date / Instructor:	10/21 - George	
Lesson/Drill #1	Review Pinan 1 - Section 1	***
	Description	Results
Lesson/Drill #2	Teach Kempo Punch Technique - Viper Protects its Lair	
	Description	Results
Lesson/Drill #3	Teach Slap Out (Education)	
	Description	Results
Date / Instructor:	10/28 - George	
Lesson/Drill #1	Review Slap Out (Education) - Begin Slap Out Drills	* ***
	Description	Results
Lesson/Drill #2	Teach 8 Point Blocking with Off Counters	
·	Description	Results
Lesson/Drill #3	Teach Pinan 1 - Section 2	
	Description	Results
Date / Instructor:	11/4 - Kash	
Lesson/Drill #1	Review Pinan 1 - Section 2 - Teach rest of form if ready	_ ★★★ Results
	Description	results
Lesson/Drill #2	Review Cat Stance Development	* **
	Description	Results
Lesson/Drill #3	Review Building the Slap Out	* **
	Description	Results

LESSON NOTES

Homework:	Prostice Diner 1 1st section / Side Shuffle Development V2 9 V4
nomework:	Practice Pinan 1 - 1st section / Side Shuffle Development V3 & V4 Description
. /5	·
Lesson/Drill #1	Student did well on 1st sections. Needs to Increase Power and Balance
	Notes
Lesson/Drill #2	Great Job on both DM's. DM 7 will be test ready if accuracy is a litle better.
Lesson, Dilli #2	Notes
	Hotes
Lesson/Drill #3	Student is having some problems knowing which way to spin. Need to review next time
	Notes
Homework:	Continue practicing Pinan 1. Practice Snake Kempo 30X.
	Description
Lesson/Drill #1	Progress made on spin directions. Need to work on punch timing for power more
,	Notes
Lesson/Drill #2	Student seems to have a good handle on this kempo
	Notes
Lesson/Drill #3	Taught proper technique and some street applications. Student is a little nervous.
	Notes
Homework:	Work on Slap out Drills (V1-V3) 30x each. Practice 8pt Blocking - Level 3 (V1)
	Description
Lesson/Drill #1	Student is doing better with slap outs. Need to work at home
	Notes
Lesson/Drill #2	Student picked up quickly on these. Needs help coordinating hammer fist
	Notes
Lesson/Drill #3	Student picked up on this much easier. Getting the hang of the directional spins
Lesson, Drin #3	Notes
	10005
Homework:	Work on Slap out Drills (V4-V5) 30x each. Pinan 1 complete - 30x
	Description
Lesson/Drill #1	Student picked up all of 1 pinan. Some difficulty doing it facing other directions
Lesson/Dim #1	Notes
	NOTES .
Lesson/Drill #2	Student is able to move through the cat stance well. Needs work on pounce striking
·	Notes
Lesson/Drill #3	Student getting a good handle on slapping out. Almost TEST READY
	Notes
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STUDIO LESSON PLAN

Date / Instructor:			
Lesson/Drill #1	Description	☆	☆ ☆ ☆ A
Lesson/Drill #2	Description	☆	☆ ☆ ☆ Results
Lesson/Drill #3		☆	☆ ☆ ☆ Results
Date / Instructor:			
Lesson/Drill #1	Description	☆	☆ ☆ ☆ Results
Lesson/Drill #2	Description	☆	☆ ☆ ☆ A
Lesson/Drill #3	Description	☆	☆ ☆ ☆ A
Date / Instructor:			
Lesson/Drill #1	Description	☆	☆ ☆ ☆ Results
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Lesson/Drill #3		☆	☆ ☆ ☆ Results
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Lesson/Drill #3		☆	☆ ☆ ☆ Results

LESSON NOTES

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