



Purple Grading

Grade 4 - 4 months between – 16 months total

3 x 1.5 minutes of skipping

2 minutes of stretching

50 x Push ups

50 x Sit ups

Padwork:

9 x 1 minute rounds (3 x Focus Pads, 3 x Thai pads and 3 x Kickshield) with 30 second breaks and 1 minute rest between each pad type

Combinations 1 – 10 with elbows

Demonstrate all kicks (including head kicks) and knees

Focus on fitness and technique

3 x 1 minute rounds of Shadow Boxing

3 x 1 minute rounds of Sparring