

BLUE & PURPLE BELT CURRICULUM

Previously learned skills						
Blocks	Punches	Kicks	Kata	Self-defense	Ground	Keywords
<i>Rising</i>	<i>High</i>	<i>Knee</i>	1	<i>Bridge</i>	<i>chill</i>	<i>Anza</i>
<i>Side</i>	<i>Middle</i>	<i>Snap</i>	2	<i>Break</i>	<i>invisible chair</i>	<i>Kosgei</i>
<i>X-hand</i>	<i>Low</i>	<i>Push</i>	3	<i>Elbow strike</i>	<i>ninja step</i>	<i>Jun Bei</i>
<i>high palm</i>	<i>Upper cut</i>	<i>Crescent</i>	4	<i>Arm behind back</i>	<i>Chill strike/kicks</i>	<i>Menota</i>
<i>middle palm</i>	<i>Hammer fist</i>	<i>Rising</i>		<i>Single, double, cross grip</i>		<i>k-son Os</i>
<i>Scooping</i>	<i>Side elbow</i>	<i>Axe</i>				<i>Seiza</i>
<i>Sweeping</i>	<i>Back elbow</i>	<i>Chicken</i>				
<i>Dropping</i>	<i>downward elbow</i>	<i>Stomping</i>				
<i>Drifting</i>	<i>masking elbow</i>	<i>Roundhouse Knee</i>				
<i>Star</i>	<i>rising elbow</i>	<i>Roundhouse</i>				
<i>short form blocks</i>	<i>twisting elbow</i>	<i>Side thrust</i>				
<i>rolling palm</i>	<i>1-2 combo</i>	<i>in-step RH</i>				
	<i>Spinning backfist</i>					
New Skills Added						
Punches/blocks	Kicks	Concepts	Kata	Self-defense techniques	Ground	
<i>spear</i>	Step through spear	Proper stances	5	Hugs	side gate	
<i>knife</i>	Jump snap	Uses of stances	6	Dragons	basic	
<i>rolling palm</i>	Spin roundhouse	Open hand	7	Arms		
<i>ridge</i>	Turning back kick		8	Butterflies		
Grasping	Fan kick			Grabs: shirt, hair, bear hug, choke		
C	spinning reverse crescent			Kicks		
Separating				Core 4		
Scissors				Headlocks		
Knife				Weapon attack		
Twin						

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