



Kensho Jr Purple Belt

1. Thai Knee & Elbow & Pad Work with 4 counts
2. Thai Combos with equipment

Self-Defense

1. Ground defense position
 - a. Going to position from fall
 - b. Kicking to keep attacker away
 - c. Standing from ground defense position
2. Concepts of multiple attackers
 - a. Awareness that there may be more than one
 - b. Using defense and footwork to avoid being the “monkey in the middle” (Zombie walk pass)

Weapons

1. Abecedario
 - a. Angle 1 – inside sweep, hit the body
 - b. Angle 2 – outside deflect, hit the elbow
 - c. Roof block, hit the head
 - d. Pluma, hit the head

Grappling

1. Takedown – Shoulder throw
2. Submission - Jujigatamae – Japanese arm bar
3. Live light grappling

Equipment requirement

1. Head Gear
2. Body protector (optional)
3. Shin Guards
4. Groin protection/Cup
5. Mouth Guard
6. Boxing Gloves
7. Kali Sticks

