

2nd Kyu — Purple Belt

ADVANCED GRADES | Technical examination standard

Objective

Advanced tactics and consistent defensive application.

Required techniques

All previous Skills and Techniques + Feints; drop sweep; interception; stance adaptations; tempo changes; control of ring centre.

Mandatory combinations

- 12 prescribed or panel-selected sequences from the senior combination bank

Defensive application

Counters to punches and kicks; distance transitions.

Practical examination

12 combinations; 2 × 2-minute mitts; 2 × 2-minute kick pads; 2 × 2-minute bag; ten defences; 3 × 2-minute technical sparring or alternative.

Knowledge and conduct

Advanced ringcraft and safety.

Examiner standard: assess stance, balance, correct mechanics, accuracy, guard recovery, control, safety and retention of earlier-grade material.

Candidates must demonstrate technique safely; conditioning volumes may be adjusted for age and ability.