

# Purple Belt (Yon-kyu) Practice Schedule



Week 1 – Skill focus – Developing Advanced Movement Through Angles of Attack/Defense.

1. Review Purple Belt Lessons 3-6 – Kyu Kumite 4-5
2. Perform 10 each Hojoundo 1-7 / 5 From left Sanchin Stance then 5 From right Sanchin Stance
3. 3 Sanchin Kata (remember your skill drills and alternate your training!)
4. 1 Kanshiwa Kata (remember your skill drills and alternate your training!)
5. 1 Kanshu Kata
6. Practice 3 each attack / defense Kyu Kumite 4-5

Week 2 – Skill focus – Learning Intermediate Self Defense Techniques and Increasing Mobility

1. Review Purple Belt Lesson 7-8 – Seichin Kata Part 1 & 2
2. Perform 10 each Hojoundo 8-14 / 5 From left Sanchin Stance then 5 From right Sanchin Stance
3. 3 Sanchin Kata (remember your skill drills and alternate your training!)
4. 1 Kanshiwa Kata (remember your skill drills and alternate your training!)
5. 1 Kanshu Kata
6. Practice 3 each attack / defense Kyu Kumite 1-5
7. Practice Seichin Kata Part 1-2 / 3 times

Week 3 – Skill focus – Learning Multiple Step Defense/Attack Sequences

1. Review Purple Belt Lesson 9 – Seichin Kata Part 3
2. Perform 10 each Hojoundo 1-7 / 5 From left Stance then 5 From right Stance
3. 2 Sanchin Kata
4. 1 Kanshiwa Kata
5. 1 Kanshu Kata
6. Practice 3 each attack / defense Kyu Kumite 1-5
7. Practice Seichin Kata Part 1-3 / 3 times

Week 4 – Skill focus – Developing proficiency in mobility, blocking and counter striking through additional kata and kumite.

1. Review Purple Belt Lesson 10 – Seichin Kata Part 4
2. Perform 10 each Hojoundo 8-14 / 5 From left Stance then 5 From right Stance
3. 2 Sanchin Kata
4. 1 Kanshiwa Kata
5. 1 Kanshu Kata
6. Perform 1 each attack / defense Kumite 1-3
7. Practice 3 each attack / defense Kyu Kumite 4-5
8. Practice Seichin Kata Part 1-4 (complete) / 3 times