



Purple Belt Junior

White Purple Stripe (Level 1)

Break Falls

1. Rolling
Back
Front
Side
Foreflap

Escape and Defences

2. Front and Back Strangle (2)
3. Ground Strangle (2)
4. Hair Grabs (2)
5. Pinned and Unpinned Front/Behind (4)
6. Kick to Head (2)
7. Double Lapel Grab (1)

Throws

8. Hip Throw
Body Drop
9. Half Shoulder
Sweeping Loin
10. Front Scissors
Outside Hock
11. Dropping Full Shoulder
Full Shoulder
12. Valley Drop

Purple White Stripe (Level 2)

Locks

1. Arm Locks from Standing (5)
2. Arm Locks on the Ground (10)

Wrist Locks

3. Side from Grab
4. With Throw
5. Palm up from Grab
6. Palm from Push
7. Side with Elbow

Full Purple (Level 3)

Kicks

1. Front Thrust
2. Snap
3. Round House
4. Side
5. Back
6. Defences to Kicks

Kata of Blocks and Strikes

7. Full Kata

Free Style

8. Randori (Free Style Jujitsu)
9. Kumite (Kick Boxing)
10. Ne Waza (Ground Fighting)