



Purple Belt (Junior)

Break Falls

- 1) Rolling
- 2) Back
- 3) Front
- 4) Side
- 5) Foreflap

Escape and Defences

- 6) Front and Back Strangle
- 7) Ground Strangle (2)
- 8) Hair Grab (2)
- 9) Pinned and Unpinned Front/Behind (4)
- 10) Kicks to Head (2)
- 11) Double Lapel

Throws

- 12) Hip Throw & Body Drop
- 13) Half Shoulder & Sweeping Loin
- 14) Front Scissors & Outside/Inside Hocks
- 15) Dropping Full Shoulder & Full Shoulder
- 16) Valley Drop

Locks

- 17) Arm Locks from Standing (5)
- 18) Arm Lock on the Ground (10)
- 19) Wrist Lock (Side, With Throw, Palm up, Palm from Push, Side with Elbow)

Kicks

- 20) All Kicks (With Combinations)

Kata of Blocks & Strikes

- 21) Full Kata

Pad Drills

- 22) Straight Punches, Hooks, Elbows and Back Fist, Upper cuts (Combinations of all)

Freestyle

- 23) Randori (Freestyle)
- 24) Kumite (Boxing and Kicking)
- 25) Ne Waza (Ground fighting)

Ground Techniques:

Full Guard, Mount, Side Control, Grips, Sweeps from bottom, Spider Guard, Escape Mount, Escape Side Control & Arm bar