



## Purple Belt (3<sup>rd</sup> Kyu)

Valley Drop	(2)
Counters to Straight Arm Lock	(2)
Counters to Back Arm and Collar Hold	(4)
Counters to Bar Chokes	(3)
Head Hip Knee	
Wedge Blocks	(4)
Shoulder Wheel	
Locking Techniques Standing and on the Ground	(15)
Freestyle Knife Blocking	
Defence Against Kicking Techniques	(8)
Kumite	
Randori	
Ne Waza (incorporating ground techniques)	
Ground Techniques:	
• Knee on belly	
• Triangle choke	
• Base ball choke	
• Ezekiel choke	
• Bow and Arrow choke	