

PURPLE BELT

(5th promotion : 6th BELT)

TIME PERIOD: Approximately 18 Months

1. TERMINOLOGY & EIGHT BASICS

2. TECHNIQUES

3. ESCAPES:

- A. BEAR HUG
- B. FULL NELSON
- C. 1/2 NELSON
- D. HEAD LOCK

4. KATA

- A. ICHI KATA , ALL THREE SETS
- B. KATA NI

5. JUDO

- A. SWEEPS (FRONT, INSIDE & INSIDE OUTSIDE)
- B. SHOULDER THROW
- C. DEEP HIP THROW
- D. FRONT HIP THROW
- E. FRONT SHORT HIP THROW
- F. SIDE SHORT HIP THROW
- G. BACK SHORT HIP THROW
- H. COUNTERS:
 - 1. STEP UP & STEP OUT COUNTER TO DEEP HIP THROW
 - 2. ALL COUNTERS TO SHOULDER THROW SERIES
 - 3. TWO COUNTERS TO SWEEP

6. CONTAINMENTS:

25 FROM THE FRONT , SIDE AND BACK ATTACKS.