

PURPLE BELT

(5th promotion : 6th BELT)

TIME PERIOD: Approximately 18 Months (As of 8-24-2010)

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 (**STEP OUT** AND REVERSAL)

I. ESCAPES FROM THE MOUNTED & GUARD POSITION

6. CONTAINMENTS:

- 25** FROM THE FRONT , SIDE AND BACK ATTACKS.