

JUNIOR PURPLE BELT SYLLABUS

1	KICKS	ALL KICKS	
2	STRIKES WITH GLOVES	COMBINATIONS INC KICKS	
3	BREAKFALLS	ALL BREAKFALLS	X5
4	ESCAPES AND DEFENCES	FRONT STRANGLE	X1
5		BACK STRANGLE	X1
6		GROUND STRANGLE	X1
7		HAIR GRABS	X2
8		PINNED/UNPINNED FRONT/REAR	X4
9		DOUBLE LAPEL GRAB	X1
10	THROWS	HIP	
11		BODY DROP	
12		SWEEPING LOIN	
13		FRONT SCISSORS	
14		OUTSIDE HOCK	
15		DROPPING FULL SHOULDER	
16	LOCKS STANDING	FIGURE 4	
17		ARM BAR	
18		GOOSE NECK	
19		WINDMILL	
20	LOCKS GROUND	UNDER ARM SHOULDER	
21		KNEELING PRAYER	
22		FOOT BEHIND HEAD	
23		KNEE / SHOULDER PIN	
24		ARM BAR USING RIGHT FOOT	
25		SINGLE CHICKEN WING USING LEFT FOOT	
26	WRIST LOCKS	SIDE FROM GRAB	X1
27		WRIST LOCK WITH THROW	X1
28		PALM UP FROM GRAB	X1
29		PALM FROM PUSH	X1
30	DEFENCES AGAINST KICKS	FRONT	
31		ROUNDHOUSE	

JUNIOR PURPLE BELT SYLLABUS

32	BLOCKING	SWAN	
		INSIDE FOREARM	
		DOUBLE	
		ELBOW HIGH	
		OUTSIDE PALM HEEL	
		RISING	
		X BLOCK	
33	RANDORI		
34	KUMITE		
35	SPIRIT AND AWARENESS		

**UP TO 20/35 WHITE BELT PURPLE STRIPE
21/35 - 30/35 PURPLE BELT WHITE STRIPE
31/35 - 35/35 FULL PURPLE**