

JUNIOR PURPLE BELT SYLLABUS

NAME _____

				COMPLETED
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	

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29		PALM FROM PUSH	X1	
30	DEFENCES AGAINST KICKS	FRONT		
31		ROUNDHOUSE		
32	BLOCKING	SWAN		
		INSIDE FOREARM		
		DOUBLE		
		ELBOW HIGH		
		OUTSIDE PALM HEEL		
		RISING		
		X BLOCK		
33	RANDORI			
34	KUMITE			

SPIRIT AND AWARENESS IS NOW REQUIRED WITH EACH OF THE TECHNIQUES TO GAIN A PASS MARK IN THAT TECHNIQUE

**UP TO 20/34 WHITE BELT PURPLE STRIPE
21/34 - 33/34 PURPLE BELT WHITE STRIPE
34/34 FULL PURPLE**