

PURPLE BELT

approximately 1 1/2 to 3 years

MATERIAL TO KNOW:

1. BASIC TERMINOLOGY, STANCES AND EIGHT BASICS (RECITE AND DEFINE)

2. ESCAPES:

- A. Bear hug (must know 2)
- B. Head Lock (Must know two)
- C. Chicken Wing
- D. Rear Arm Grab
- E. Sweep to Mount Escape
- F. Inside Sweep to Guard Escape
- G. Forward Sweep to Prone Escape

3. JUDO:

- A. Front Sweep and Inside Sweep
- B. Front Hip Throw
- C. Shoulder Throw
- D. Front Short Hip Throw
- E. Side Short Hip Throw
- F. Deep Hip Throw
- G. Counters:
 - 1. All Four Counters To Shoulder Throw Series
 - 2. Step Up and Step Out Counter To Deep Hip Throw
 - 3. Reversal and Step Out Counter to Front Sweep

4. KATA:

- A. Kata Ichi
- B. Tague I
- C. Pinan I
- D. Heian II
- E. Pinan III
- F. Heian IV
- G. Kata Ni

5. FRONT SIDE AND BACK ATTACKS

25 From Each Direction

