



PURPLE BELT SYLLABUS

- 1. COUNTER TO HIP THROW (2)**
- 2. COUNTER TO BODY DROP (2)**
- 3. COUNTER TO HALF SHOULDER THROW (2)**
- 4. 10 THROWS (5 LEFT & 5 RIGHT NAMING EACH THROW)**
- 5. PROPPING ANKLE (LEFT & RIGHT)**
- 6. COLLAR THROW (3)**
- 7. OUTSIDE BLOCK,DOUBLE LEG THROW INTO LEG LOCK**
- 8. LEG LOCKS (5) ARM LOCKS (5)**
- 9. KATA OF KICKS STUDENT OWN INTERPRETATION (6)**
- 10. QUICK RELEASE (EXAMINERS CHOICE)**
- 11. 3 MAN ATTACKS (SET MOVES 3)**
- 12. DROPPING VERSION OF A FULL SHOULDER THROW**
- 13. KNEE WHEEL**
- 14. FORM 5 1-10**