

Purple Belt Syllabus

Ukemi

Kata Gaeshi:	Empty Twist
Gyaku Te Zenpo Kaiten:	Cross hands forward roll
Sutemi Waza	
Shiho Nage	Four direction throw
Tomoe Nage	Stomach throw

Nagewaza

O Tsuru Kome Goshi:	Major Drawing Pulling Hip Throw
Ko Tsuru Kome Goshi:	Minor Drawing Pulling Hip Throw
Sukui Nage:	Scoop Throw
Sasae Tsuru Kome Ashi:	Propping Lifting Pulling Ankle Throw
Sumi Otoshi:	Corner Drop
Uki Waza:	Floating Technique
Yoko Wakare:	Side Separation
Yoko Guruma:	Side Wheel
O Soto Guruma:	Major Outer Wheel
Yoko Soto Gari:	Side Outer Reap
Ganseki Otoshi:	Rock Drop
Towara Gaeshi	Rice bail throw
Tomoe Nage	Stomach throw

Osaekomi waza

Ushiro Kesa Gatame:	Reverse Scarf Hold Down
Kuzuri Kesa Gatame:	Broken Scarf Hold Down
Kuzuri Kami Shiho Gatame:	Broken Upper FQHD
Makuri Kesa Gatame:	Pillow Scarf Hold Down
Kesa Garami:	Scarf Entangled Armlock
Gyaku Kesa Garami:	Reverse Scarf Entangled Armlock
Hantai Ude Kujiki:	Reverse Arm Crush

Kubudo

NOT GRADED

Basic use of Katana (drawing, striking and returning)
Bo Blocking Kata 1

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Waza

Empi Kata

Chokes

Gyaku Hadaka Jime	Cross naked strangle
Ebi Garami	Lobster entanglement
Hadaka Jime	Naked strangle
Sode Jime	Sleeve strangle
Koshi Jime	Hip strangle

Defences from Ichiban Kyusho Kata

1) O Tsuru Kome Goshi	6) Tane Otoshi
2) Yoko Kote Gaeshi	7) Kote Gaeshi
3) Ippon SeoiNage	8) Kote Dori
4) Tai Otoshi	9) O Soto Otoshi
5) Sasae Tsuru Kome Ashi	10) Ko Soto Gari

Counters to Kansetsu

- 1) from Kote Gaeshi put Kote Gaeshi back on them
- 2) from Kote Gatami support wrist, kick and throw
- 3) from Kote Dori don't let wrist bend
- 4) from Kannuki Gatame push shoulder forward into Kata Garami
- 5) from Ude Kujuki turn arm, throw Tane Otoshi
- 6) from Hiji Makikomi (done army style) turn to face, strike throw groin and throw them in Hiji Makikomi
- 7) from Kubi Hishigi drop arms, step behind throw Sukui Nage
- 8) from Tate Hishigi reach over their head throw Towara Gaeshi
- 9) from Tsuru Kubi Kansetsu, attack nerve point in neck and throw if possible

Defences

Chain	Forehand, backhand
Baseball bat	Straight on head, forehand

Middle Work

2 unarmed attackers
 1 person from the ground
 Live bottle