

## BLUE BELTS for PURPLE BELTS JUNIOR

	NO	TECHNIQUE	QTY
BREAKFALLS	1	BREAKFALLS	X5
ESCAPES & DEFENCES	2	FRONT STRANGLE	X1
	3	BACK STRANGLE	X1
	4	GROUND STRANGLE	X1
	5	HAIR GRABS FONT & REAR	X2
	6	PINNED UNPINNED FRONT/REAR	X4
	7	DOUBLE LAPEL GRAB	X1
THROWS	8	HIP THROW	X1
	9	BODY DROP	X1
	10	HALF SHOULDER	X1
	11	FRONT SCISSORS	X1
	12	OUTSIDE HOCK	X1
	13	DROPPING FULL SHOULDER	X1
	14	SWEEPING LOIN	
LOCKS		STANDING ARM LOCKS	
	15	1) Figure 4 lock	
	16	2) Standing Arm Bar	
	17	3) Standing Goose Neck	
	18	4) Windmill lock	
		ARM LOCKS ON THE GROUND	
	19	1) Under Arm Shoulder Lock	
	20	2) Kneeling Prayer Lock	
	21	3) Foot Behind Head Lock	
	22	4) Knee / Shoulder Pin	
	23	5) Arm Bar using Right Foot	
	24	6) Single Chicken Wing using Foot	
WRIST LOCKS	25	SIDE FROM GRAB	X1

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	NO	TECHNIQUE	QTY
	26	WRIST LOCK WITH THROW	X1
	27	PALM UP FROM GRAB	X1
	28	PALM FROM PUSH	X1
DEFENCES AGAINST KICKS	29	FRONT	X1
	30	ROUNDHOUSE	X1
BLOCKING	31	SWAN	
	32	INSIDE FOREARM	
	33	DOUBLE	
	34	ELBOW HIGH	
	35	OUTSIDE PALM HEEL	
	36	RISING BLOCK	
	37	X BLOCK	

KICKS	38	ALL KICKS	
STRIKES WITH GLOVES	39	COMBINATIONS INCLUDING KICKS	
KUMITE	40		
RANDORI	41		
SPIRIT & AWARENESS	42		
TOTAL	42		

**UP TO 22/42 = WHITE BELT PURPLE STRIPE**  
**23/42 - 37/42 = PURPLE BELT WHITE STRIPE**  
**38/42 - 42/42 = PASS TO FULL PURPLE**