

## PURPLE BELTS for BROWN 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 FRONT & REAR	X2
	6	PINNED UNPINNED FRONT/REAR	X4
	7	DOUBLE LAPEL GRAB	X1
	8	HEAD CHANCERY FRONT	X1
	9	HEAD CHANCERY REAR	X1
THROWS	10	HIP THROW	X1
	11	BODY DROP	X1
	12	HALF SHOULDER	X1
	13	FRONT SCISSORS	X1
	14	OUTSIDE HOCK	X1
	15	DROPPING FULL SHOULDER	X1
	16	RICE BALE THROW	X1
LOCKS	17	STANDING ARM LOCKS	X4
		ARM LOCKS ON THE GROUND	
	18	1) Under Arm Shoulder Lock	
	19	2) Kneeling Prayer Lock	
	20	3) Foot Behind Head Lock	
	21	4) Knee / Shoulder Pin	
	22	5) Arm Bar using Right Foot	
	23	6) Single Chicken Wing using Foot	
	24	7) Double Chicken Wings	
	25	8) Double Arm Dislocation	
WRIST LOCKS	26	SIDE FROM GRAB	X1

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	NO	TECHNIQUE	QTY
	27	WRIST LOCK WITH THROW	X1
	28	PALM UP FROM GRAB	X1
	29	PALM FROM PUSH	X1
	30	SIDE WITH ELBOW	X1
DEFENCE AGAINST KICKS	31	FRONT KICK	
	32	ROUNDHOUSE KICK	
	33	SIDE KICK	
	34	BACK KICK	
BLOCKING	35	SWAN	
	36	INSIDE FOREARM	
	37	DOUBLE	
	38	ELBOW HIGH	
	39	OUTSIDE PALM HEEL	
	40	RISING BLOCK	
	41	X BLOCK	
	42	WALKING STICK	

KICKS	43	ALL KICKS	
STRIKES WITH GLOVES	44	COMBINATIONS INCLUDING KICKS	
KUMITE	45		
RANDORI	46		
SPIRIT AND AWARENESS	47		
TOTAL	47		

**UP TO 28/47 = WHITE BELT BROWN STRIPE**  
**29/47 - 42/47 = BROWN BELT WHITE STRIPE**  
**43/47 - 47/47 = PASS TO FULL BROWN**