Purple belt

1 Valley drop throw

2 Counters to straight arm lock (2)

3 Counters to back arm and collar hold (3)

4 Counters to bar chokes (2)

5 Roundhouse kicks to kidneys (left and right sides)

6 Upward rising block

7 Upward inside forearm block

8 Downward inside forearm block

9 Front kick followed by side kick (2)

10 Full shoulder throw (2)

11 Head, hip and knee throw

12 Side thrust kick (left and right)

13 Front snap kick (left and right) (3)

14 Wedge block

15 Shoulder wheel throw (2)

16 Pressure points/nerve points

17 Holding and locking whilst standing (2)