



Purple belt

- 1 Valley drop throw
- 2 Counters to straight arm lock (2)
- 3 Counters to back arm and collar hold (3)
- 4 Roundhouse kicks to kidneys (left and right sides)
- 5 Upward rising block
- 6 Upward inside forearm block
- 7 Downward inside forearm block
- 8 Front kick followed by side kick (2)
- 9 Full shoulder throw (A)
- 10 Head, hip and knee throw
- 11 Side thrust kick (left and right)
- 12 Front snap kick (left and right) (3)
- 13 Wedge block
- 14 Holding and locking whilst standing (2)