

**PURPLE BELT**

1. DOWNWARD BLOCK INTO LOCK
2. VARIATIONS ON KICKS
3. OUTER WIND
4. INNER WIND
5. BASIC HOLDING TECHNIQUES (6)
6. SHOULDER DISLOCATIONS (6)
7. BREAKING GROUND STRANGLES (4)
8. KICK FROM GROUND TO LOWER BODY
9. BLOCKING KATA
10. COUNTER TO A HIP THROW
- 11. DOUBLE LEG LIFT THROW FROM FRONT**
- 12. DOUBLE ANKLE THRUST FROM REAR**
- 13. KNIFE DEFENCES (5)**
- 14. TONFA KATA**
- 15. PAD WORK**
- 16. GROUNDWORK**

**Anatomy**

**Bones of the Chest**

Sternum – Chest Bone: in 3 parts

Top - Manubrium

Middle - Body

Bottom - Ensiform process

Also:

12 Pair of ribs

7 True ribs

3 False ribs

2 Floating ribs

**Japanese Terminology**

Meditation - Mokko

Side - Yoko

Rank below dan grade- Kyu

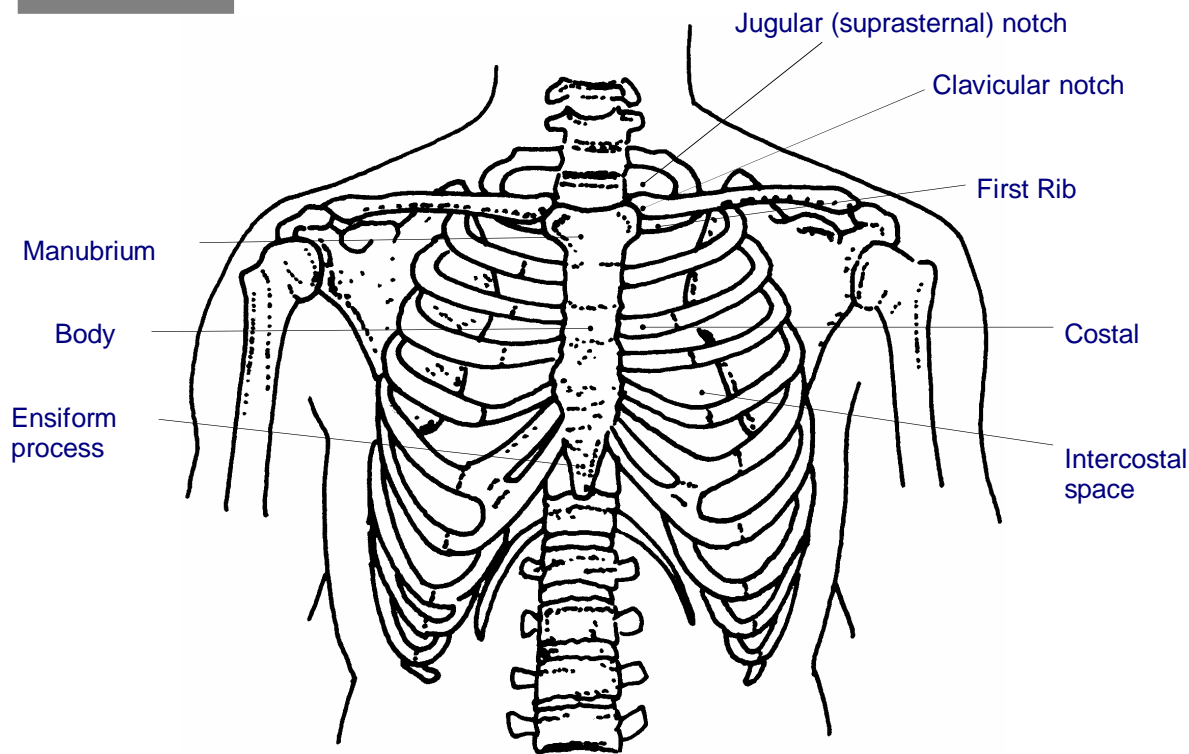
Old Name of Ju Jitsu - Yawara

Rear - Ushira

Abdomen - Tanden

Contest - Shiai

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ANATOMY**



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