

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:**
 - **COLLAR CHOKES FROM GUARD – 1. SCISSOR CHOKE, 2. BAR CHOKE, 3. FIST CHOKE**
 - **GUILLOTINE CHOKE**

ANATOMY: BONES OF THE CHEST

STERNUM – CHEST BONE: IN 3 PARTS

TOP - MANUBRIUM

MIDDLE - BODY

BOTTOM - ENSIFORM PROCESS

ALSO: ABDOMEN - TANDEN

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

CONTEST – SHIAI

