

Purple Belt Test

Standup:

- Blocks
- 2 hip throws
- 2 leg throws
- Throw from behind (lifting up)
- Throw from behind (sitting down)
- Base against throws

Mount Position (bottom):

- 2 escapes
- 3 submissions

Mount Position(top):

- 3 Arm locks
- 3 Front chokes
- Maintain Position

Guard Position (bottom):

- 4 sweeps
- Open guard defense strategy
- 5 Submissions (* triangle, choke, head lock, straight arm lock, bent arm lock).

Guard Position (top):

- 5 ways to pass guard

- Guillotine choke
- Maintain balance
- Arm protection
- Neck protection

Cross Side (top):

- Base & movement
- 2 options to mount
- 3 arm locks

Cross Side (bottom):

- Escape (put in guard)
- Escape (turn on knees)
- Defend against mount

Behind Positions (back)

- 1 choke with collar
- 1 choke without collar
- Maintain position
- 2 escapes (back on floor)

Footlocks (3):

- Guard
- Side Control
- Mount

Control:

- 3 positions of immobilization

Referee Techniques:

- Point, vantage, submission

Fighting

All techniques will be observed.

Takedowns (10):

- Osoto Gari
- Osoto Gurama
- Uchi Gari
- Kouchii Gurama
- Deishi Bariai
- Sasai
- Osoto Kakei
- Double leg
- 3 single leg (front, side, behind)
- Ankle pick

Hip Throws (2):

- Ogoshi
- Ukigoshii

Shoulder Throws (4):

- Seoinage
- Ippon Seoinage
- Morote Seoinage

- Kouchi Gram

Combination Throws (3):

- Harai Goshi
- Oguruma
- Uchimata

Sacrifices (2):

- Tomoe Nage
- Sumi Gaesh

Throws from behind (2):

- Lifting up
- Sitting down

* must know