



Purple Belt ~ Intermediate

"Repetition is the key to real learning." ~ Jack Canfield

DO NOT begin a new section of the curriculum until you have stripe tested.

This is how to practice in class. Practice each technique on both the left & right sides 5 times, if possible, and then your partner does his technique 5 times on both the left & right sides. Once you have covered each technique you have been taught so far, repeat the "5 times" practice for each technique then start over.

↓ FIRST STRIPE

☯ **Strikes**

- 16- Elbow Jab
- 17- Elbow Over
- 18- Outward Elbow
- 19- Rising Elbow
- + All Previous Strikes

☯ **Kicks**

- 15- Heel Kick To Shin
- 16- Hook Kick
- 17- Back Kick
- + All Previous Kicks

☯ **Break Falls**

- 5- Front Break Fall (see back)
- + All Previous Break Falls

☯ **Terminology**

- 4-Uniform ~ Dobok
- + All Previous Terminology

☯ **Trapping Drills**

- 4- Pass Over Trap / Strike
- + All Previous Trapping Drills

☯ **Striking Releases**

21- Same Side Wrist Grab-Raise the attacker's arm, duck under his arm, then hook kick his head.

Rear Bear Hug Arms Trapped

22- Take a small step to the side so you can reach down and grab the attacker's leg then pull it up and sit on his knee.

Side Wrist Grab

23-Raise your grabbed hand then bring your elbow over and down on the attacker's wrist.

24-Side Body Grab ~ Wrap the attacker's arm (Box Lock), lean back then sidekick his knee

Two Hands Grabbing Two Wrists From Front

25-Inside counter grab both of the attacker's hands then smash back of the attacker's hand together, use one hand to press the attacker's hands down and the other to strike the attacker's face.

Defensive Tactics

The attacks below are some of the most common attacks for which these techniques are good defenses. All the attacks need to be done from both the left and right sides.

↓ SECOND STRIPE

☯ **CORE CONCEPT: C14 STATIONERY THROWS**

- 1- Sweep
- 2- 2 Hand Side Choke-Hip Throw
- 3- Rear Cross Hand Grab-Figure 4
- 4- Same Side Wrist Grab - Hip Throw
- 6- Rear Shoulder-Sword & Hammer /Head Control
- 7- Rear Shoulder - Obscure Wing/Head Control
- 8- Head Control - Front
- 9- 2 Hand Grab From Front – Shoulder Throw
- 10- 2 Hand Grab From Rear-Knee Sweep
- 11- 2 Hand Middle Sleeve Grab From Rear– Shoulder Throw
- 12- 2 Hand Wrist Grab From Rear – Shoulder Throw
- 13- 2 Hand Shoulder Grab – Figure 4 Throw
- 14- Rear Bear Hug - Arms Trapped

↓ THIRD STRIPE

☯ **CORE CONCEPT: C15 WRIST LOCK**

- 1- Same Side Grab
- 2- Cross Grab
- 3- Front Collar (Lapel) Grab
- 4- Arresting Technique (Attack)
- + Add Stuns, Strikes & Kicks

☯ **CORE CONCEPT: C16 GOOSE HEAD**

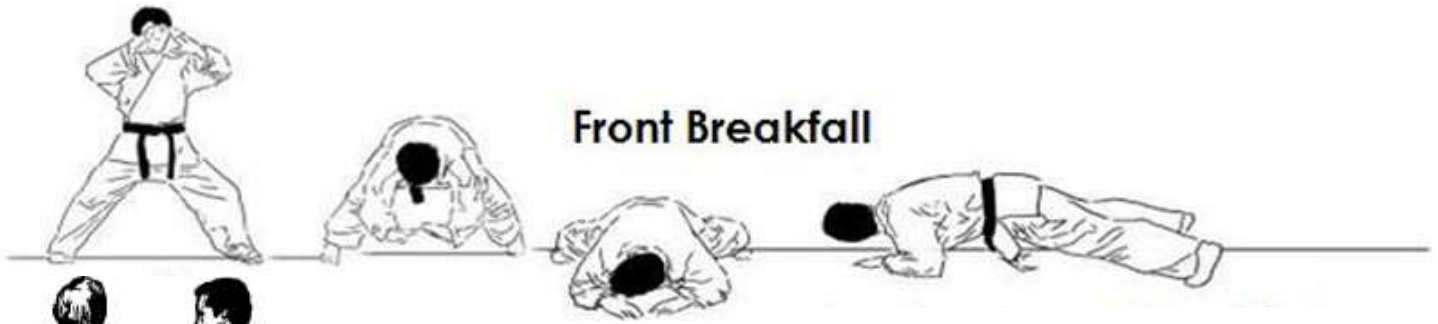
- 1- From Police Lock
- 2- From Outside Wrist Lock
- +Add Stuns, Strikes & Kicks

☯ **CORE CONCEPT: C17 TURNING BREAK**

- 1- Same Side Wrist Grab
- 2- Cross Wrist Grab
- +Add Stuns, Strikes & Kicks

These attacks are only a few attacks that can be defended with V-Locks. Experiment with finding other attacks you can defend using a V-Lock.

Requirements for Promotion To your next belt (1) Attend a minimum of 22 classes since last belt test (2) Be able to demonstrate your techniques at street speed (3) Be invited and pay your testing fee at least a week prior to your test so we can order and receive your belt.



Front Breakfall



Sweep



Hip Throw



Shoulder Throw