

3rd Kyu (Purple Belt)

Demonstrate breakfalls and rolls

Locks, Chokes and Throws

Demonstrate 12 arm locks

Demonstrate 12 chokes

Demonstrate 12 throws with names

Demonstrate 8 leg locks

Demonstrate 8 immobilisation holds

Demonstrate 4 holding down techniques

Demonstrate 6 wrist locks

Demonstrate 2 bone dislocations

Demonstrate 1 arm lock incorporating use of own leg

Demonstrate 2 shoulder locks

Demonstrate 2 spine locks

Defences

Demonstrate 12 defences against punches

Demonstrate 8 knife defences

Demonstrate 8 defences against arm locks

Demonstrate 6 defences against grabs

Demonstrate 6 defences against chokes

Demonstrate 2 defences against kicks

Demonstrate 2 defences against leg locks

Demonstrate 2 throws from chokes

Demonstrate 2 throws from punches

Demonstrate 2 bo defences

Demonstrate 2 sword defences

Demonstrate 2 gun defences

Atemi Waza

Demonstrate 10 kyusho attacks

***Hand & Arm Strikes* - Oizuki, Gyakuzuki, Tobikomizuki, Uraken, Haito, Tetsui, Teisho, Zenempi, Koempi, Uriempi**

***Foot & Leg Strikes* - Kingeri, Maegeri, Mawashigeri, Sokuto, Hizageri, Yokogeri**

***Blocks* - Shutouke, Sotouke, Uchiuke, Yammi Shutouke, Jujiuke, Jodanuke**

Kumite

5 rounds Katamewaza (1 minute rounds)

1 round Randori (2 minute rounds)

4 rounds Freestyle/Sport Ju Jitsu (2 minute rounds)