**PURPLE BELT**

1. Valley Drop Throw

2. Counters to a Straight Arm Lock (Left & Right)

3. Counters to a Back Arm with Collar Hold (x3)

4. Counters to a Bar Choke (Left & Right)

5. Nerve & Pressure Points

6. Downwards Block followed by a Punch into Lock

7. Front Kick followed by a Side Kick (x2)

8. Full Shoulder Basic (Left, Right, Double Arm)

9. Head Hip Knee

10. Variations on Kicks

11. Wedge Blocks (x2

12. Shoulder Wheel

13. Variations on Shoulder Throws (x6)

14. Variations on Strangles and Chokes

15. Hold Downs with Double Arm Locks (x5)

16. Rice Bale Throw

17. Escape from Full & Half Nelsons)

18. Basic Holding / Restraining Techniques

19. Questions on Anatomy