



POOLE BUSHIDO JU JITSU CLUB

Est 1997



5th kyu Purple belt

Criteria – 0 – 9-month continuous training, Valid insurance

- 1.Valley drop
 - 2.Counter to straight-arm lock (2)
 - 3.Counter to back arm and collar hold (3) 2 front 2 back
 - 4.Counter to bar choke (2)
 - 5.Roundhouse kick to kidneys from outside block
 - 6.Full shoulder throw
 - 7.Reverse full shoulder throw
 - 8.Head, hip and knee
 - 9.Wedge block, from lapel grab
 - 10.Shoulder wheel
 - 11.Back kick when held from both arms from behind
 - 12.Side kick to knee using side of foot, both sides
 - 13.Combination of palm heel knock out blows to chin
 - 14.Left upward block with knife hand to neck, both sides Roundhouse kick or knee
 - 15.Roundhouse kick to solar plexus, both sides
 - 16.Cross block, back fist to ear and throw (6)
 - 17.Kata of throws
- Kata – Basic blocking kata + Yellow belt kata + Purple belt kata of throws
- 10 X Sparring, 10 X Randori, 10 X Groundfighting partners

