

Purple Belt

Blocks

Uke

Block and lock

Kicks

Geri

Spinning hook

Ushiro kake

Spinning roundhouse

Ushiro mawashi

Spinning crescent

Ushiro mikitsuki

Spinning foot sweep

Ushiro ashi berai

Sparring

Kumite

Hands only sparring

Legs only sparring

Breaking

Tamashiwara

Roundhouse or sidekick from chamber position

Snapping hand techniques

Instructor may request additional techniques

Self Defence

Show various cosh defences

Apply various arm and wrist locks

Kata = Jion