

Name: _____

Tigers Purple Belt

Kata Kuzushi Bunkai	<ul style="list-style-type: none"> • 3rd Eye Takedown • Arm Swing 	Throws & Ground POSITIONS	<p>All Previous Throws Plus:</p> <ul style="list-style-type: none"> • Mobility Throw • Knee to Belly • Back
Self Defense	<ul style="list-style-type: none"> • Rear Choke: Two Hands • Rear Choke: One Arm 	Kicks & Strikes	<p>Skip Kicks:</p> <ul style="list-style-type: none"> • Round • Hook • Side <p>Drag Kicks:</p> <ul style="list-style-type: none"> • Round • Hook • Side
Locks	<p>NOTE: These locks may only be practiced on instructors</p> <ul style="list-style-type: none"> • Index Finger • Two Hand Wrist Lock 	Arm/Shoulder Lock	<ul style="list-style-type: none"> • Reverse Hammer Lock
Weapon Defense	<p>With 2-Step Footwork:</p> <ul style="list-style-type: none"> • Slice Block • Brace Block • Post Block 	Dynamic Demonstration	<ul style="list-style-type: none"> • 1 Minute Closed Guard • 1 Minute of Self Defense • 1 Minute Circle Bag Kicks/Strikes
Questions	<ul style="list-style-type: none"> • What are Small Circle Jujitsu Principles 13, 14, 15, and 16? • Why is it important to teach techniques you have learned? • Explain how to deal with students who have a high tolerance of pain • Explain kuzushi triangle theory • Describe the Tori/Uke relationship • What is the IMAF? 		