

Purple Belt w/Stripe

Katas	•Anyo Isa Cane Form (1)	Blocks & Parries	•X-block: low, high
Self Defense	•Bear Hug from front •Bear Hug from Rear	Wrist Exercises & Escapes	•Wrist Radius Exercise •Sleeve Choke Exercise
Kicks & Strikes	•Spinning Back Crescent Kick •Front Thrust w/front leg (Maegeri) •Side Thrust w/front leg (Yoko-geri) •Roundhouse w/shin (Mawashigeri)	Cane Techniques, Strikes & Blocks	•Redonda
Finger & Wrist Locks	•Index Finger Lock •Thumb Compression: Palm Heel Push, Peel w/finger & Peel w/thumb •Basic Wrist Lock (Kote Gaeshi): Opposite hand, Cross hand & Two hand	Drills	•Trapping Hands de Cadena
Throws & Ground Grappling	•Backward Throw (from punch) using wrist lock: parry inside, parry outside •Scarf Hold w/arm strangle (Ketagatame) •Ketagatame Escapes		
Questions	•What do you do if your partner taps? •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? •Who are the Masters of Tapi-Tapi?		