

Purple Belt Requirements

Self Defense

- Guillotine defense
- Head lock defense from behind
- Side Head lock defense with punch
- Side head lock defense on the ground
- Chest push defense
- Punch defense with hip throw / Slap in the face defense with Tani o toshi.

Throws/Takedowns

- Leg Throws (Osoto-Gari, Ouchi Gari & Couchi Gari)
- Hip Throws (Koshi-Guruma, OGoshi & Ippon Seoi Nage, Morote seoi Nage, Tai o Toshi)
- Double Leg Takedown (Morote-Gari)
- Two Single leg Takedowns
- Two Counter Attacks

Mount

- Three ways to transition to mount
- Three ways to keep the mount
- Four submissions
- One double / triple attack

Guard Passing

- Six ways to pass and get to side control

Guard Offense (sweeps)

- One sweep from Spider Guard
- One sweep from Butterfly Guard
- One sweep from De-La-Riva Guard
- One sweep from X-Guard
- Four sweeps from any Open Guard
(8 sweeps total)

Guard Offense (submissions)

- Six submissions from bottom guard

Half Guard

- Two ways to pass to side control
- Two ways to pass to mount
- Two half guard sweeps
- Two quarter guard sweeps/reversals

Side Control/North South

- Three ways to maintain side control
- Five submissions

Knee on Belly

- Knee on Belly control
- Four submissions from Knee on Belly

Escapes

- Three ways to escape the side mount
- Three ways to escape the mount
- Three ways to escape the back
- Two ways to escape the knee on belly

Back Control

- Back Control
- Four submissions on the back