

Purple Belt			
Katas	•Seisan	Throws & Ground Grappling	•Major Outer Reaping (O-soto gari) •Double Sleeve Throw (Tai-O-toshi) •North South Position •Side Mount
Self Defense	•Rear Choke: Two Hands •Rear Choke: One Arm	Transitional Flow	•Ground flow using all positions
Kicks & Strikes	•Skip Kick: Front, Side, Round, Hook •Drag Kick: Front, Side, Round, Hook	Cane Techniques, Strikes & Blocks	•Single Sinawali (Traditional) •Block Check Counter with footwork (angles 1-12)
Stances & Footwork	•Seiuchin Stance	Drills	•Push Hands
Questions	•Why is it important to teach techniques that you have learned? •How many principles govern SCJ? •What are the first 3 SCJ principles? •What is a pressure point? •What is a Meridian? •What is a Vessel? •What country is Isshinryu from? •What country is Modern Arnis from? •What country is Small Circle Jujitsu from?		