



Purple Belt Requirements

On average, 3 years of training with a minimum of 360 classes plus passing the following test. Belt promotions are always at the discretion of the head instructor. Factors such as above-average class attendance, natural ability, or competing could possibly shorten the time to purple belt, while a poor attitude, bad temper, or a lack of common morality outside the school could lengthen it.

Throws and Takedowns

One leg throw
Four hip throws
Two double legs
Two single leg

Self-Defense

Two ways to defend the guillotine standing up
Two ways to defend the headlock standing
One way to defend the headlock on the ground
One way to defend the guillotine on the ground

Passing the Guard

Five different ways to pass the guard and get side control
Half-Guard
Two sweeps from the half-guard
Two half-guard passes

Sweeps from the Guard

Five different ways to sweep your opponent

Escapes

Two ways to escape the mount
One way to escape the side-mount
One way to escape the rear-mount
One way to escape the knee-on-belly

Submissions

Five from the mount
Two double attacks
Three from the side-mount
Two from the back
Two from knee in the belly
Five from the guard