

## Extreme HEET Purple Belt Requirements

### **Blocks**

Elbow block head level

### **Kicks**

Back kick in ready stance

Back kick in defensive stance

### **Strikes**

Elbow spear

Elbow spear with fingers to eyes

Yawara stick 19 movements

### **Breakfalls**

#9 Rolling over with arm around waist

#10 Sitting on partner falling backwards

### **Takedowns**

One leg takedown from kneeling position

### **Hold Escapes**

Full nelson fully applied

Full nelson pushing head down

Full nelson before fully applied

Side nelson escape

### **Grappling / Ground defense**

Crocodile control (Super base)

Crocodile control (Sneaky mount)

Crocodile control combination (tackle giant, transition to crocodile control, full mount)

### **Vision**

Student will write a paragraph on the what the word CONTROL means to them. They must also provide a personal example.