



# Adelaide Academy of Combat & Defence

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## Grading Syllabus – Purple

- 1) 5 X left and right upward elbow strike
- 2) 5 X left and right Downward elbow strike
- 3) 2 X left and right Same side wrist grab 16
- 4) 2 X left and right Same side wrist grab 17
- 5) 2 X left and right Same side wrist grab 18
- 6) 2 X left and right Same side wrist grab 19
- 7) 2 X left and right Same side wrist grab 20
- 8) 2 X 2 hands grab 1 wrist
- 9) 2 X 2 hands grab 1 wrist
- 10) 2 X 2 hands grab 1 wrist ( S lock )
- 11) 2 X left and right side wrist grab 3
- 12) 2 X left and right side wrist grab 4
- 13) 2 X left and right side wrist grab 5
- 14) 2 X left and right defence against a punch 3
- 15) 2 X left and right defence against a punch 4  
(hook punch)
- 16) 2 X 2 hands grab 2 wrists from the front 1
- 17) 2 X 2 hands grab 2 wrists from the front 2
- 18) 2 X 2 hands grab 2 wrists from the back 1
- 19) 2 X 2 hands grab 2 wrists from the back 2
- 20) Back breakfall

Pass (25) Good (34) Exe (46)