



Adelaide Academy of Combat & Defence

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Grading Syllabus – Purple/White

- 1) 3 X Front breakfall
- 2) 3 X back breakfall
- 3) 2 X left and right O soto gari
- 4) 2 X left and right O goshi
- 5) 2 X left and right Defence against punch 5
- 6) 2 X left and right Defence against punch 6
- 7) 2 X left and right 2 Hands grab 1 wrist 4
- 8) 2 X left and right 2 Hands grab 1 wrist 5
- 9) 2 X left and right 2 Hands grab 1 wrist 6
- 10) 2 X 2 Hands grab 2 wrists front 3
- 11) 2 X 2 Hands grab 2 wrists front 4
- 12) 2 X 2 Hands grab 2 wrists front 5
- 13) 2 X 2 Hands grab 2 wrists front 6
- 14) 2 X 2 Hands grab 2 wrists back 3
- 15) 2 X 2 Hands grab 2 wrists back 4
- 16) 2 X left and right 1 Hand shoulder grab 1
- 17) 2 X left and right 1 Hand shoulder grab 2
- 18) 2 X left and right 1 Hand shoulder grab 3
- 19) 2 X left and right 1 H and lapel grab 1
- 20) 2 X left and right 1 Hand lapel grab 2

Pass (29) Good (40) Exe (53)