

## 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
- One way to defend the guillotine on the ground
- Two ways to defend the headlock standing
- One way to defend the headlock 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 attack
- Three from the side-mount
- Two from the back
- Two from knee in the belly
- Five from the guard