

Congratulations on achieving Purple Belt Stripe 3!

In the Purple Belt Stripe 4 course you will be introduced to final eight Micro Principles on your path to 32!

- Principle 25: Anchor
- Principle 26: Ratchet
- Principle 27: Buoyancy
- Principle 28: Head Control
- Principle 29: Redirection
- Principle 30: Mobility
- Principle 31: Centerline
- Principle 32: Grandmaster

Lesson Outline: In each lesson, we will thoroughly explain the principle before demonstrating several techniques that rely on it. Some of the examples will be techniques that you've already learned in the GU curriculum, while others will be brand-new techniques.

Research Objectives: Over a three-week research period, you will apply the principle of interest to every aspect of your jiu-jitsu. You will identify and dissect at least nine techniques in which the principle plays an integral role. Three of the examples should be "as-is" techniques, three should be "enhanced" techniques, and three should be "discovered" techniques.

Filtered Sparring: After each daily research session, you will conduct a sparring exercise of your choice (gi, no-gi, fight sim, positional start-up, submission specific, ping pong, etc.). The top priority should be the inclusion of the principle of interest, and you should spend ample time after each sparring session to discuss and dissect the implications of the principle throughout the roll.

Six-Month Study Period: Even though the course only consists of eight lessons, you will be required to spend at least six months studying, dissecting, and incorporating these eight principles before submitting your Purple Belt Stripe 4 test.

Testing Requirements: For your Purple Belt Stripe 4 Test, you will upload eight Technical Videos and two Sparring Videos (gi and no-gi). Each technical video will be dedicated to a single principle, and for each principle, you will demonstrate three techniques that utilize the principle. You will find more details in the online Testing Center.