

TEEN

White to Yellow

BASICS:

Front Position

Horse Stance

Ki-Ai

HAND STRIKES:

Front Knuckle

Back Knuckle

Thrust Punch

KICKS:

Front Ball

Instep

BLOCKS:

1—4

JIU-JITSUS:

The Wave

COMBINATIONS

6

BASICS:

Attention Position

Relax Position

Right Foot on
Elbows

HAND STRIKES:

Palm Strike

Hammer Strike:

Shutos

KICKS:

Crescent

Reverse Crescent

BLOCKS:

5—8

JIU-JITSUS:

The Snake

COMBINATIONS

7

BASICS:

Half Moon Stance

Half Moon Step

Slap Out

HAND STRIKES:

Tigers Claw

JIU-JITSUS:

Pull the frog...