

TEEN

Orange to Purple

BASICS:

Jab
Cross

BASICS:

Backward
Shoulder Roll

BASICS:

Box Step

PUNCHES:

Tiger's Mouth

PUNCHES:

Rake

PUNCHES:

Immortal Man

KICKS:

Roundhouse

KICKS:

Shuffling Side Kick

KICKS:

Stepping Stool

BLOCKS:

Karate Kid 1—6

BLOCKS:

Karate Kid 7—10

BLOCKS:

Karate Kid

COMBINATIONS:

4

COMBINATIONS:

5

KEMPO

Crane

JIU-JITSUS:

Rear Wrist Grab

JIU-JITSUS:

Rear Choke

JIU-JITSUS:

Bear Hug

DISARM:

Straight In #1

DISARM:

Overhead #1

DISARM

Side #1

FORMS:

Two Pinon Pt.1

FORMS:

Two Pinon Pt.2

FORMS:

Two Pinon