

ADULT

2ND BROWN TO 1ST DEGREE BROWN

SPARRING

1. _____

2. _____

COMBINATIONS: COMBINATIONS:

19

20

JIU-JITSUS:

3 Back Chokes

JIU-JITSUS:

3 Back Bear Hugs

JIU-JITSUS:

3 Rear Wrist Grabs

Kempos:

Bruce Lee #1

Kempos:

Bruce Lee #2

Kempos:

Bruce Lee #3

DISARMS:

5 Overhead

DISARMS:

5 Straight-In

DISARMS:

5 Slashing

FORMS:

Kata Five