

JUNIOR

HIGH GREEN BELT TO EARN 3RD DEGREE BROWN BELT

STRIKES:

Jab

STRIKES:

Hook

STRIKES:

Upper Cut

Cross

COMBINATIONS:

12 Basic

COMBINATIONS:

14

COMBINATIONS:

2-12, 14

KEMPOS

Tiger

REVIEW

12-Point Blocks

Karate Kid

REVIEW

Ten Point

JIU-JITSUS:

2nd Back Bear Hug

JIU-JITSUS:

2nd Side Head Lock

DISARMS:

Straight-In

#1 & 2

DISARMS:

Overhead

#1 & 2

DISARMS:

Side

#1 & 2

FORMS:

Statue of the Crane

Part 1

FORMS:

Statue of the Crane

Part 2

FORMS:

Statue

SKILL TIPS: 5 Skills = 1

5 Skills = 2

17 Skills = 3