

JUNIOR

PURPLE BELT TO EARN BLUE BELT

BASICS:

Box Step
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HAND STRIKES

Rake
□ □ □ □

KICKS:

Axe Kick
□ □ □ □

KICKS:

Spinning Hook
□ □ □ □

BLOCKS:

9-10
□ □ □ □

BLOCKS:

11-12
□ □ □ □

BLOCKS:

1-12 w/ Counters
□ □ □ □

COMBINATIONS:

4
□ □ □ □

COMBINATIONS:

5
□ □ □ □

JIU-JITSUS:

Snake Takedown
□ □ □ □

JIU-JITSUS:

Full Nelson
□ □ □ □

DISARMS:

Overhead #1
□ □ □ □

DISARMS:

Straight In #1
□ □ □ □

DISARMS:

Side #1
□ □ □ □

FORMS:

One Pinon Pt. 1
□ □ □ □

FORMS:

One Pinon Pt. 2
□ □ □ □

FORMS:

One Pinon
□ □ □ □

SKILL TIPS: 6 Skills = 1

12 Skills = 2

18 Skills = 3