

ADULT

ORANGE BELT TO EARN PURPLE BELT

BASICS

Cat Stance

HAND STRIKES

Jab

Cross

Hook

HAND STRIKES

Rake

Immortal Man

Back Fist

KICKS:

Hook Kick

KICKS:

Axe Kick

KICKS:

Flying Side Kick

BLOCKS:

“Karate Kid”

COMBINATIONS:

4

COMBINATIONS:

5

KEMPOS:

Crane

KEMPOS:

Dragon

JIU-JITSUS:

“Gunslinger”

JIU-JITSUS:

Full Nelson

JIU-JITSUS:

Pony Tail Grab

DISARMS:

Overhead #1

DISARMS:

Straight In #1

DISARMS:

Side #1

FORMS:

Kata One