

# ADULT

## GREEN BELT TO EARN HIGH GREEN

### STRIKES:

Trigger Finger

### COMBINATIONS:    COMBINATIONS:

11

14

### KEMPOS:

Perfect Weapon

### KEMPOS:

Kettle Drum

### KEMPOS:

Pine Tree

### JIU-JITSUS:

2 Single Wrist

### JIU-JITSUS:

2 Double Wrist

### DISARMS:

Static #1

### DISARMS:

Static #2

### FORMS:

3 Pinan