

# ADULT

## PURPLE BELT TO EARN BLUE BELT

### STRIKES:

Roundhouse Elbow

### STRIKES:

Dragon Strike

Tiger's Mouth

### BLOCKS:

Palm/Knife Hand

### BLOCKS:

1-12 w/ Counters

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1-12 w/ Counters

### BLOCKS:

1-12 w/ Counters

### KICKS:

Spinning Hook

### KICKS:

Spinning Back  
Kick

### COMBINATIONS:

2

### COMBINATIONS:

3

### KEMPOS:

Tiger

### KEMPOS:

Leopard

### JIU-JITSUS:

Side Head Lock

### JIU-JITSUS:

Front Head Lock

### JIU-JITSUS:

Push

### DISARMS:

Overhead #2

### DISARMS:

Straight In #2

### DISARMS:

Side #2

### FORMS:

Kata Two