

JUNIOR

BLUE BELT TO EARN HIGH BLUE BELT

LOCKS:

Arm Bar
□ □ □ □

BASICS

Sweep
□ □ □ □

KICKS:

Roundhouse/
Spinning Hook
□ □ □ □

STRIKES:

Reverse Hammer
□ □ □ □

COMBINATIONS:

2
□ □ □ □

COMBINATIONS:

3
□ □ □ □

COMBINATIONS:

2-9
□ □ □ □

JIU-JITSUS:

Ponytail Grab
□ □ □ □

JIU-JITSUS:

Side Headlock
□ □ □ □

JIU-JITSUS:

Front Headlock
□ □ □ □

DISARMS:

Overhead #1
□ □ □ □

DISARMS:

Straight In #1
□ □ □ □

DISARMS:

Side #1
□ □ □ □

FORMS:

Two Pinon Pt. 1
□ □ □ □

FORMS:

Two Pinon Pt. 2
□ □ □ □

FORMS:

Two Pinon
□ □ □ □

SKILL TIPS: 5 Skills = 1

5 Skills = 2

16 Skills = 3