

JUNIOR

YELLOW BELT TO EARN ORANGE BELT

BASICS:

Half Moon Stance
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Half Moon Step
□ □ □ □

BASICS:

Cross and Cover
□ □ □ □

Shuffle
□ □ □ □

BASICS:

Slap Out and Roll
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HAND STRIKES

Rolling Hammer
□ □ □ □

Thrust Punch
□ □ □ □

HAND STRIKES

Leopard's Paw
□ □ □ □

HAND STRIKES

Chicken Wrist
□ □ □ □

KICKS:

Side Kick
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KICKS:

Back Kick
□ □ □ □

KICKS:

Stepping Stool
□ □ □ □

BLOCKS:

1-4 w/ Counters
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BLOCKS:

5-8 w/Counters
□ □ □ □

BLOCKS:

1-8 w/ Counters
□ □ □ □

COMBINATIONS:

6
□ □ □ □

COMBINATIONS:

7
□ □ □ □

JIU-JITSUS:

"Please Don't Take"
□ □ □ □

JIU-JITSUS:

"Teacher May I"
□ □ □ □

JIU-JITSUS:

"Chicken"
□ □ □ □

SKILL TIPS: 6 Skills = 1

12 Skills = 2

20 Skills = 3