

JUNIOR

WHITE BELT TO EARN YELLOW BELT

BASICS:

Front Position
□□□□

Horse Stance
□□□□

Ki-Ai
□□□□

BASICS:

Attention Position
□□□□

Right Foot on Elbows
□□□□

Relax Position
□□□□

BASICS:

Slap Out
□□□□

Cross Block
□□□□

HAND STRIKES:

Front 2 Knuckle
□□□□

Back 2 Knuckle
□□□□

HAND STRIKES:

Palm Strike
□□□□

Hammer Strike:
□□□□

HAND STRIKES:

Tigers Claw
□□□□

Shutos
□□□□

KICKS:

Front Ball
□□□□

Instep
□□□□

KICKS:

Crescent
□□□□

Reverse Crescent
□□□□

BLOCKS:

1—4
w/ Application
□□□□

BLOCKS:

5—8
w/ Application
□□□□

BLOCKS:

1—8
w/ Application
□□□□

JIU-JITSUS:

The Wave
□□□□

JIU-JITSUS:

The Snake
□□□□

JIU-JITSUS:

Pull the Frog
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SKILL TIPS: 8 Skills = 1

16 Skills = 2

24 Skills = 3