

TEEN

3rd DEGREE BROWN TO EARN 2nd DEGREE BROWN

HAND STRIKE:

Spinning Back Fist

BLOCKS:

Plum Tree

COMBINATIONS:

16

COMBINATIONS:

18

KEMPOS

Gorilla

THREE SPARRING CLASSES

Signed and Dated by Instructor

JIU-JITSUS:

Grab and Hit

JIU-JITSUS:

Two-Hand Push

DISARMS:

4 Overhead

DISARMS:

4 Straight In

DISARMS:

4 Side

FORMS:

Four Kata
Part 1

FORMS:

Four Kata
Part 2

FORMS:

Four Kata