

ADULT

WHITE BELT TO EARN YELLOW BELT

BASICS:

Front Position

Relax Position

Attention Position

BASICS:

Right Foot on Elbows

Horse Stance

Chamber Position

BASICS:

Half Moon Stance

Half Moon Step

Slap Out

HAND STRIKES:

Front 2 Knuckle

Back 2 Knuckle

Thrust Punch

HAND STRIKES:

Hammer Strike

Palm Strike

Shuto

HAND STRIKES:

Tigers Claw:

KICKS:

Front Ball

Instep

KICKS:

Crescent

Reverse Crescent

BLOCKS:

Eight Point

JIU-JITSUS:

“The Wave”

JIU-JITSUS:

The Snake

JIU-JITSUS:

“Pull the frog...”

COMBINATIONS:

6

COMBINATIONS:

7

FORMS:

Pinan One