

TEEN

BLUE BELT TO EARN HIGH BLUE

<u>HAND STRIKE:</u>	<u>KICK:</u>	<u>LOCK:</u>
Hook/Upper Cut	Spinning Hook	Nikio

<u>COMBINATIONS:</u>	<u>COMBINATIONS:</u>	<u>KEMPOS</u>
1	10	Tiger

<u>JIU-JITSUS:</u>	<u>JIU-JITSUS:</u>
Side Head Lock	Front Head Lock

<u>DISARMS:</u>	<u>DISARMS:</u>	<u>DISARMS:</u>
Overhead #2	Straight In #2	Side #2

<u>FORMS:</u>	<u>FORMS:</u>	<u>FORMS:</u>
Two Kata Pt. 1	Two Kata Pt. 2	Two Kata