

ADULT

YELLOW BELT TO EARN ORANGE BELT

BASICS:

Box Step

HAND STRIKES:

Leopard's Paw
Ridge Hand

HAND STRIKES:

Chicken Wrist
Back Fist

KICKS:

Side Kick

KICKS:

Shuffling Side Kick

BLOCKS:

1-8 w/ Counters

COMBINATIONS:

8

COMBINATIONS:

9

KEMPOS:

Fast Hands

JIU-JITSUS:

"Chicken"

JIU-JITSUS:

"Please Don't
Take..."

JIU-JITSUS:

"Teacher May I"

DISARMS:

Straight In #1

DISARMS:

Overhead #1

DISARMS:

Side #1

FORMS:

Pinan Two