

ADULT

HIGH GREEN TO 3RD DEGREE BROWN

KICKS:

All Learned

HAND STRIKES:

All Learned

BLOCKS:

All Learned

COMBINATIONS:

12

COMBINATIONS:

15

KEMPOS:

5 Shutos

KEMPOS:

7 Claws of Tiger

KEMPOS:

8 Elbows

JIU-JITSUS:

Rear Naked Choke

JIU-JITSUS:

2 Side Headlocks

JIU-JITSUS:

2 Front Headlocks

DISARMS:

4 Overhead

DISARMS:

4 Straight In

DISARMS:

4 Side

FORMS:

4 Kata