

ADULT

BLUE BELT TO EARN HIGH BLUE

LOCKS:

Arm Bar

LOCKS

Nikio Lock

STRIKES:

Roundhouse Elbow

KICKING COMBO:

Crescent/Side

KICKING COMBO:

Roundhouse/
Spinning Hook

COMBINATIONS:

1

COMBINATIONS:

Advance 6

COMBINATIONS:

Advance 7

KEMPOS:

Snake

KEMPOS:

Windmill

KEMPOS:

Three Palms

JIU-JITSUS:

Grab and Punch

JIU-JITSUS:

2 Ghi Grabs

JIU-JITSUS:

2 Front Chokes

DISARMS:

Overhead #3

DISARMS:

Straight In #3

DISARMS:

Side #3

FORMS:

Statue of Crane