

JUNIOR

GREEN BELT TO EARN HIGH GREEN BELT

STRIKES:

Trigger Finger
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BASICS

Blitz
□□□□

KICKS:

Kung Fu Crescent
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Blocks

Ten Point
□□□□

COMBINATIONS:

1
□□□□

COMBINATIONS:

11 Basic
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KEMPOS

Dragon
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JIU-JITSUS:

2nd Rear Wrist
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JIU-JITSUS:

2nd Back Chokes
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DISARMS:

Overhead #2
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DISARMS:

Straight In #2
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DISARMS:

Side #2
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FORMS:

Two Kata Pt. 1
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FORMS:

Two Kata Pt. 2
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FORMS:

Two Kata
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SKILL TIPS: 5 Skills = 1

5 Skills = 2

15 Skills = 3