

ADULT

HIGH BLUE TO EARN GREEN BELT

HAND STRIKES:

Spearhand Poke

KICKS:

Kung Fu Crescent

BLOCKS:

10 Point Blocking

COMBINATIONS:

10

26

KEMPOS:

Gorilla

KEMPOS:

Monkey

KEMPOS:

Rising Sun

JIU-JITSUS:

2 Rear Wrist

JIU-JITSUS:

2 Back Bear Hugs

JIU-JITSUS:

2 Back Chokes

DISARMS:

Slashing #1

DISARMS:

Static #1

FORMS:

Kata Three