

JUNIOR

HIGH BLUE BELT TO EARN GREEN BELT

BASICS:

Cat Stance
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KICKS:

Spinning Back
□ □ □ □

BLOCKS:

10 Point 1-5
□ □ □ □

LOCKS:

Nikio
□ □ □ □

COMBINATIONS:

Advance 6
□ □ □ □

COMBINATIONS:

Advance 7
□ □ □ □

KEMPOS

Crane
□ □ □ □

JIU-JITSUS:

2nd Front Wrist Grab
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JIU-JITSUS:

2nd Ghi Grab
□ □ □ □

JIU-JITSUS:

2nd Front Choke
□ □ □ □

FORMS:

One Kata Pt. 1
□ □ □ □

FORMS:

One Kata Pt. 2
□ □ □ □

FORMS:

One Kata
□ □ □ □

DISARMS:

Overhead #2
□ □ □ □

DISARMS:

Straight In #2
□ □ □ □

DISARMS:

Side #2
□ □ □ □

SKILL TIPS: 5 Skills = 1

5 Skills = 2

16 Skills = 3