

# TEEN

## GREEN BELT TO EARN HIGH GREEN

HAND STRIKE:

Roundhouse Elbow

HAND STRIKE:

Back Elbow

KICKS:

Kung Fu Crescent

COMBINATIONS:

14

COMBINATIONS:

26

KEMPOS

Windmill

JIU-JITSUS:

2 Bear Hugs

JIU-JITSUS:

2 Full Nelson

JIU-JITSUS:

2 Rear Wrist

DISARMS:

Overhead #3

DISARMS:

Straight In #3

DISARMS:

Side #3

FORMS:

Three Kata  
Part 1

FORMS:

Three Kata  
Part 2

FORMS:

Three Kata