

# TEEN

## HIGH BLUE BELT TO EARN GREEN BELT

### BASICS:

Blitz Takedown

### KICK:

Spinning Back

### BLOCKS:

Ten Point 1—5

### BLOCKS:

Ten Point 6—10

### BLOCKS:

Ten Point

### COMBINATIONS:

11 Basic

### COMBINATIONS:

12 Basic

### KEMPOS

Snake

### JIU-JITSUS:

2 Wrist Grabs

### JIU-JITSUS:

2 Ghi Grabs

### JIU-JITSUS:

2 Front Choke

### DISARMS:

Overhead #2

### DISARMS:

Straight In #2

### DISARMS:

Side #2

### FORMS:

Statue Part 1

### FORMS:

Statue Part 2

### FORMS:

Statue of the Crane