

TEEN

HIGH GREEN BELT BELT TO EARN 3rd DEGREE BROWN

BASICS:

Upward Elbow

HAND STRIKE:

Downward Elbow

BLOCKS:

Ten Point 6—10

COMBINATIONS:

17A

COMBINATIONS:

17B

KEMPOS

Three Palms

KEMPOS

Fast Hands

JIU-JITSUS:

Rear Naked Choke

DISARMS:

Slashing #1

DISARMS:

1 Static

DISARMS:

All Learned

FORMS:

Three Pinon
Part 1

FORMS:

Three Pinon
Part 2

FORMS:

Three Pinon