

# TEEN

## Purple Belt to Earn Blue Belt

BASICS:

Arm Bar

BASICS:

Sweep

BASICS:

Cat Stance

HAND STRIKES:

Ridge Hand

HAND STRIKES:

Spear Hand

HAND STRIKES:

Leopard Paw

KICKS:

Hook Kick

KICKS:

Axe Kick

KICKS:

Flying Side Kick

BLOCKS:

9-10

BLOCKS:

11-12

BLOCKS:

1-12 w/ Counters

COMBINATIONS:

2

COMBINATIONS:

3

KEMPO

Dragon

JIU-JITSUS:

Pony Tail Grab

JIU-JITSUS:

Full Nelson

DISARMS:

Overhead #2

DISARMS:

Straight In #2

DISARMS:

Side #2

FORMS:

One Kata Pt. 1

FORMS:

One Kata Pt. 2

FORMS:

One Kata