

# JUNIOR

## 3RD DEGREE TO 2ND DEGREE BROWN BELT

### BLOCKS:

Plum Tree  
Part 1  
□ □ □ □

### BLOCKS:

Plum Tree  
Part 2  
□ □ □ □

### BLOCKS:

Plum Tree  
□ □ □ □

### COMBINATIONS:

10  
□ □ □ □

### COMBINATIONS:

26  
□ □ □ □

### KICK DEFENSE:

Straight Kick #1  
□ □ □ □

### HAND STRIKE

Roundhouse  
Elbow  
□ □ □ □

### KEMPOS

Leopard  
□ □ □ □

### JIU-JITSUS:

Hip Throw  
□ □ □ □

### JIU-JITSUS:

Rear Naked Choke  
□ □ □ □

### SPARRING CLASS

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

### DISARMS:

Straight-In #3  
□ □ □ □

### DISARMS:

Overhead #3  
□ □ □ □

### DISARMS:

Side #3  
□ □ □ □

### FORMS:

Three Kata  
Part 1  
□ □ □ □

### FORMS:

Three Kata  
Part 2  
□ □ □ □

### FORMS:

Three Kata  
□ □ □ □

**SKILL TIPS:** 5 Skills = 1

10 Skills = 2

16 Skills = 3