

JUNIOR

PURPLE BELT TO EARN BLUE BELT

BASICS:

Shoulder Roll

Blitz

KICKS:

Spinning Back
Kick

BLOCKS:

9-10

COMBINATIONS:

4

JIU-JITSUS:

Snake Takedown

DISARMS:

Overhead #1

FORMS:

One Pinon Pt. 1

HAND STRIKES

Reverse Hammer

KICKS:

Spinning Reverse
Crescent

BLOCKS:

11-12

COMBINATIONS:

5

JIU-JITSUS:

Side Headlock

DISARMS:

Straight In #1

FORMS:

One Pinon Pt. 2

HAND STRIKES

Rake

Immortal Man

KICKS:

Spinning Hook
Kick

BLOCKS:

1-12 w/ Counters

COMBINATIONS

4,5,6,7,8,9

JIU-JITSUS:

Front Headlock

DISARMS:

Side #1

FORMS:

One Pinon