

JUNIOR

HIGH GREEN BELT TO EARN 3RD DEGREE BROWN BELT

REVIEW

12-Point Blocks

Karate Kid

REVIEW

Wounded Tiger

REVIEW

Ten Point

COMBINATIONS:

12

COMBINATIONS:

14

COMBINATIONS:

2-12, 14

KEMPOS

Windmill

KEMPOS

3 Palms

KEMPOS

Fast Hands

JIU-JITSUS:

2nd Back Bear Hug

JIU-JITSUS:

2nd Side Head Lock

JIU-JITSUS:

All Learned

DISARMS:

Straight-In

#1 & 2

DISARMS:

Overhead

#1 & 2

DISARMS:

Side

#1 & 2

FORMS:

Statue of the Crane

Part 1

FORMS:

Statue of the Crane

Part 2

REVIEW

One Pinon

Two Pinon

One Kata

Two Kata

Statue of the Crane