

# JUNIOR

## HIGH BLUE BELT TO EARN GREEN BELT

### STRIKES:

Upward Elbow

### STRIKES:

Downward Elbow

### KICKS:

Knees

### BLOCKS:

10 Point 1-5

### BLOCKS:

10 Point 5-10

### BLOCKS:

10 Point Blocking

### COMBINATIONS:

Advance 6

### COMBINATIONS:

Advance 7

### KEMPOS

Windmill

### JIU-JITSUS:

2nd Front  
Wrist Grab

### JIU-JITSUS:

2nd Ghi Grab

### JIU-JITSUS:

2nd Front Choke

### FORMS:

One Kata Pt. 1

### FORMS:

One Kata Pt. 2

### FORMS:

One Kata

### DISARMS:

Overhead #2

### DISARMS:

Straight In #2

### DISARMS:

Side #2