

JUNIOR

BLUE BELT TO EARN HIGH BLUE BELT

LOCKS:

Arm Bar

LOCKS

Nikio Lock

BASICS:

Sweep

KICKS:

Kung Fu Crescent

STRIKES:

Roundhouse Elbow

STRIKES:

Back Elbow

BLOCKS:

Wounded Tiger

BLOCKS:

Wounded Tiger

BLOCKS:

Wounded Tiger

1 - 4

5-8

COMBINATIONS:

2

COMBINATIONS:

3

COMBINATIONS:

2-9

JIU-JITSUS:

Hair Grab

JIU-JITSUS:

Full Nelson

JIU-JITSUS:

Front Bear Hug

DISARMS:

Overhead #1

w/ Takedown

DISARMS:

Straight In #1

w/ Takedown

DISARMS:

Side #1

w/ Takedown

FORMS:

Two Pinon Pt. 1

FORMS:

Two Pinon Pt. 2

FORMS:

Two Pinon