

JUNIOR

GREEN BELT TO EARN HIGH GREEN BELT

STRIKES:

Trigger Finger

STRIKES:

Palm to Ribs

KICKS:

Jump Spinning
Reverse Crescent

REVIEW

12 Point Blocks

REVIEW

Wounded Tiger

REVIEW

10 Point Blocking

Karate Kid Blocking

COMBINATIONS:

I

COMBINATIONS:

II

KEMPOS

3 Palms

JIU-JITSUS:

2nd Rear Wrist

JIU-JITSUS:

2nd Back Chokes

DISARMS:

Overhead #2
w/ Takedown

DISARMS:

Straight In #2
w/ Takedown

DISARMS:

Side #2
w/ Takedown

FORMS:

Two Kata Pt. 1

FORMS:

Two Kata Pt. 2

FORMS:

Two Kata