

# JUNIOR

## YELLOW BELT TO EARN ORANGE BELT

### BASICS:

Shuffle

### BASICS:

Cross and Cover

### BASICS:

Slap Out and Roll

### HAND STRIKES

Spearhand Poke

### HAND STRIKES

Leopard's Paw

### HAND STRIKES

Chicken Wrist

Cross Hand Shuto

Poison Strike

### KICKS:

Shuffle-In Side

### KICKS:

Roundhouse

### KICKS:

Stepping Stool

### BLOCKS:

1-4 w/ Counters

### BLOCKS:

5-8 w/Counters

### BLOCKS:

1-8 w/ Counters

### STUDENT CREED

### COMBINATIONS:

6

### COMBINATIONS:

7

### JIU-JITSUS:

"Please Don't Take..." "Teacher May I"

### JIU-JITSUS:

### JIU-JITSUS:

"Chicken"