

# JUNIOR

## WHITE BELT TO EARN YELLOW BELT

### BASICS:

Front Position

Horse Stance

Ki-Ai

### BASICS:

Attention Position

Right Foot on Elbows

Relax Position

### BASICS:

Half Moon Stance

Half Moon Step

Slap Out

### HAND STRIKES:

Front 2 Knuckle

Back 2 Knuckle

Thrust Punch

### HAND STRIKES:

Palm Heel Strike

Hammer Strike:

Shutos

### HAND STRIKES:

Tigers Claw

Dragon Strike

### KICKS:

Front Ball

Instep

### KICKS:

Crescent

Reverse Crescent

### KICKS:

Back

Side

### BLOCKS:

1—4 w/ Application

### BLOCKS:

5—8 w/ Application

### BLOCKS:

1—8 w/ Application

### JIU-JITSUS:

The Wave

### JIU-JITSUS:

The Snake

### JIU-JITSUS:

Pull the frog from  
the pond