TEEN HIGH BLUE TO GREEN BELT

FUNDAMENTALS

STANCES AND FOOTWORK
- Blitz

KICKS
- Spinning Back Kick

BLOCKS and LOCKS
- Ten Point System 1-5

SELF DEFENSE

JIU JITSU'S
- Push #2
- Side Headlock

COMBINATIONS
- Combination 10
- Roundhouse #1

KEMPOS
- Leopard

DISARMS
- Straight In #2
- Slashing #1

FORM:
- Statue of the Crane