

JUNIOR

WHITE BELT TO EARN YELLOW BELT

BASICS:

Front Position
□□□□

Horse Stance
□□□□

Ki-Ai
□□□□

BASICS:

Attention Position
□□□□

Right Foot on Elbows
□□□□

Relax Position
□□□□

BASICS:

Slap Out
□□□□

HAND STRIKES:

Front 2 Knuckle
□□□□

Back 2 Knuckle
□□□□

HAND STRIKES:

Palm Strike
□□□□

Hammer Strike:
□□□□

HAND STRIKES:

Tigers Claw
□□□□

Shutos
□□□□

KICKS:

Front Ball
□□□□

Instep
□□□□

KICKS:

Crescent
□□□□

Reverse Crescent
□□□□

BLOCKS:

1—4
□□□□

BLOCKS:

5—8
□□□□

BLOCKS:

1—8 w/ Application
□□□□

JIU-JITSUS:

The Wave
□□□□

JIU-JITSUS:

The Snake
□□□□

JIU-JITSUS:

Pull the frog...
□□□□

JUNIOR

WHITE BELT TO EARN YELLOW BELT

BASICS:

Front Position
□□□□

Horse Stance
□□□□

Ki-Ai
□□□□

BASICS:

Attention Position
□□□□

Right Foot on Elbows
□□□□

Relax Position
□□□□

BASICS:

Slap Out
□□□□

HAND STRIKES:

Front 2 Knuckle
□□□□

Back 2 Knuckle
□□□□

HAND STRIKES:

Palm Strike
□□□□

Hammer Strike:
□□□□

HAND STRIKES:

Tigers Claw
□□□□

Shutos
□□□□

KICKS:

Front Ball
□□□□

Instep
□□□□

KICKS:

Crescent
□□□□

Reverse Crescent
□□□□

BLOCKS:

1—4
□□□□

BLOCKS:

5—8
□□□□

BLOCKS:

1—8 w/ Application
□□□□

JIU-JITSUS:

The Wave
□□□□

JIU-JITSUS:

The Snake
□□□□

JIU-JITSUS:

Pull the frog...
□□□□