

# JUNIOR

## YELLOW BELT TO EARN ORANGE BELT

### BASICS:

Half Moon Stance  
□□□□

### BASICS:

Cross and Cover  
□□□□

### BASICS:

Slap Out and Roll  
□□□□

Half Moon Step  
□□□□

### HAND STRIKES

Thrust Punch  
□□□□

### HAND STRIKES

Leopard's Paw  
□□□□

### HAND STRIKES

Chicken Wrist  
□□□□

### KICKS:

Side Kick  
□□□□

### KICKS:

Back Kick  
□□□□

### KICKS:

Stepping Stool  
□□□□

Shuffle-In Side  
□□□□

### BLOCKS:

1-4 w/ Counters  
□□□□

### BLOCKS:

5-8 w/Counters  
□□□□

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1-8 w/ Counters  
□□□□

STUDENT CREED

### COMBINATIONS:

6  
□□□□

### COMBINATIONS:

7  
□□□□

### JIU-JITSUS:

"Please Don't Take"  
□□□□

### JIU-JITSUS:

"Teacher May I"  
□□□□

### JIU-JITSUS:

"Chicken"  
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