

JUNIOR

3RD DEGREE TO 2ND DEGREE BROWN BELT

BLOCKS:

Plum Tree
Part 1
□ □ □ □

BLOCKS:

Plum Tree
Part 2
□ □ □ □

BLOCKS:

Plum Tree
□ □ □ □

COMBINATIONS:

10
□ □ □ □

COMBINATIONS:

26
□ □ □ □

KEMPOS

Leopard
□ □ □ □

JIU-JITSUS:

Hip Throw
□ □ □ □

JIU-JITSUS:

Sleeper Hold
□ □ □ □

SPARRING CLASS

1. _____
2. _____
3. _____

DISARMS:

Straight-In #3
□ □ □ □

DISARMS:

Overhead #3
□ □ □ □

DISARMS:

Side #3
□ □ □ □

FORMS:

Three Kata
Part 1
□ □ □ □

FORMS:

Three Kata
Part 2
□ □ □ □

FORMS:

Three Kata
□ □ □ □