

JUNIOR

WHITE BELT TO EARN YELLOW BELT

BASICS:

Front Position
□□□□

Horse Stance
□□□□

Ki-Ai
□□□□

HAND STRIKES:

Front 2 Knuckle
□□□□

Back 2 Knuckle
□□□□

KICKS:

Front Ball
□□□□

Instep
□□□□

BLOCKS:

1—4 w/ Application
□□□□

JIU-JITSUS:

The Wave
□□□□

BASICS:

Attention Position
□□□□

Right Foot on Elbows
□□□□

Relax Position
□□□□

HAND STRIKES:

Palm Heel Strike
□□□□

Hammer Strike:
□□□□

KICKS:

Crescent
□□□□

Reverse Crescent
□□□□

BLOCKS:

5—8 w/ Application
□□□□

JIU-JITSUS:

The Snake
□□□□

BASICS:

Slap Out
□□□□

Cross Block
□□□□

HAND STRIKES:

Tigers Claw
□□□□

Shutos
□□□□

BLOCKS:

1—8 w/ Application
□□□□

JIU-JITSUS:

Pull the frog from the pond
□□□□

JUNIOR

YELLOW BELT TO EARN ORANGE BELT

BASICS:

Half Moon Stance
□□□□

Half Moon Step
□□□□

HAND STRIKES

Dragon Strike
□□□□

Thrust Punch
□□□□

KICKS:

Side Kick
□□□□

Shuffle-In Side
□□□□

BLOCKS:

1-4 w/ Counters
□□□□

STUDENT CREED

JIU-JITSUS:

"Please Don't Take"
□□□□

BASICS:

Cross and Cover
□□□□

Shuffle
□□□□

HAND STRIKES

Leopard's Paw
□□□□

KICKS:

Back Kick
□□□□

BLOCKS:

5-8 w/Counters
□□□□

COMBINATIONS:

6
□□□□

JIU-JITSUS:

"Teacher May I"
□□□□

BASICS:

Slap Out and Roll
□□□□

HAND STRIKES

Chicken Wrist
□□□□

KICKS:

Stepping Stool
□□□□

BLOCKS:

1-8 w/ Counters
□□□□

COMBINATIONS:

7
□□□□

JIU-JITSUS:

"Chicken"
□□□□

JUNIOR

ORANGE BELT TO EARN PURPLE BELT

BASICS:

Box Step
□ □ □ □

BASICS:

Half Moon back
□ □ □ □

BASICS:

Half Moon w/ Punch
□ □ □ □

HAND STRIKES:

Tiger's Mouth
□ □ □ □

HAND STRIKES:

Spear Hand
□ □ □ □

HAND STRIKES:

Cross Hand Shuto
□ □ □ □

KICKS:

Roundhouse
□ □ □ □

KICKS:

Hook Kick
□ □ □ □

KICKS:

Flying Side Kick
□ □ □ □

BLOCKS:

"Karate Kid"
1 - 6
□ □ □ □

BLOCKS:

"Karate Kid"
7 - 10
□ □ □ □

FORMS:

1 Pinon
Part 1
□ □ □ □

COMBINATIONS:

8
□ □ □ □

COMBINATIONS:

9
□ □ □ □

COMBINATIONS:

6, 7, 8, 9
□ □ □ □

JIU-JITSUS:

Gunslinger
□ □ □ □

JIU-JITSUS:

Chicken
w/ Takedown
□ □ □ □

JIU-JITSUS:

All Learned
□ □ □ □

DISARMS:

Overhead #1
Block
□ □ □ □

DISARMS:

Straight In #1
Block
□ □ □ □

DISARMS:

Side #1
Block
□ □ □ □

JUNIOR

PURPLE BELT TO EARN BLUE BELT

BASICS:

Shoulder Roll
□ □ □ □

BASICS:

Blitz
□ □ □ □

HAND STRIKES

Rake
□ □ □ □

KICKS:

Axe Kick
□ □ □ □

KICKS:

Spinning Reverse
Crescent
□ □ □ □

KICKS:

Spinning Hook
Kick
□ □ □ □

BLOCKS:

9-10
□ □ □ □

BLOCKS:

11-12
□ □ □ □

BLOCKS:

1-12 w/ Counters
□ □ □ □

COMBINATIONS:

4
□ □ □ □

COMBINATIONS:

5
□ □ □ □

COMBINATIONS

4,5,6,7,8,9
□ □ □ □

JIU-JITSUS:

Snake Takedown
□ □ □ □

JIU-JITSUS:

Side Headlock
□ □ □ □

DISARMS:

Overhead #1
□ □ □ □

DISARMS:

Straight In #1
□ □ □ □

DISARMS:

Side #1
□ □ □ □

FORMS:

One Pinon Pt. 1
□ □ □ □

FORMS:

One Pinon Pt. 2
□ □ □ □

FORMS:

One Pinon
□ □ □ □

JUNIOR

BLUE BELT TO EARN HIGH BLUE BELT

- | | | |
|--|---|--|
| <u>LOCKS:</u>
<input type="checkbox"/> Arm Bar
□□□□ | <u>LOCKS:</u>
<input type="checkbox"/> Sweep
□□□□ | |
| <u>KICKS:</u>
<input type="checkbox"/> Spinning Back
□□□□ | <u>STRIKES:</u>
<input type="checkbox"/> Roundhouse Elbow
□□□□ | <u>STRIKES:</u>
<input type="checkbox"/> Reverse Hammer
□□□□ |
| <u>BLOCKS:</u>
<input type="checkbox"/> Wounded Tiger
1 - 4
□□□□ | <u>BLOCKS:</u>
<input type="checkbox"/> Wounded Tiger
5-8
□□□□ | <u>BLOCKS:</u>
<input type="checkbox"/> Wounded Tiger
□□□□ |
| <u>COMBINATIONS:</u>
<input type="checkbox"/> 2
□□□□ | <u>COMBINATIONS:</u>
<input type="checkbox"/> 3
□□□□ | <u>COMBINATIONS:</u>
<input type="checkbox"/> 2-9
□□□□ |
| <u>JIU-JITSUS:</u>
<input type="checkbox"/> Ponytail Grab
□□□□ | <u>JIU-JITSUS:</u>
<input type="checkbox"/> Full Nelson
□□□□ | <u>JIU-JITSUS:</u>
<input type="checkbox"/> Front Headlock
□□□□ |
| <u>DISARMS:</u>
<input type="checkbox"/> Overhead #1
w/ Takedown
□□□□ | <u>DISARMS:</u>
<input type="checkbox"/> Straight In #1
w/ Takedown
□□□□ | <u>DISARMS:</u>
<input type="checkbox"/> Side #1
w/ Takedown
□□□□ |
| <u>FORMS:</u>
<input type="checkbox"/> Two Pinon Pt. 1
□□□□ | <u>FORMS:</u>
<input type="checkbox"/> Two Pinon Pt. 2
□□□□ | <u>FORMS:</u>
<input type="checkbox"/> Two Pinon
□□□□ |

JUNIOR

HIGH BLUE BELT TO EARN GREEN BELT

- | | | |
|---|---|--|
| <u>BASICS:</u>
<input type="checkbox"/> Cat Stance
□□□□ | <u>KICKS:</u>
<input type="checkbox"/> Kung Fu Crescent
□□□□ | <u>KICKS:</u>
<input type="checkbox"/> Knees
□□□□ |
| <u>BLOCKS:</u>
<input type="checkbox"/> 10 Point 1-5
□□□□ | <u>LOCKS:</u>
<input type="checkbox"/> Nikio
□□□□ | |
| <u>COMBINATIONS:</u>
<input type="checkbox"/> Advance 6
□□□□ | <u>COMBINATIONS:</u>
<input type="checkbox"/> Advance 7
□□□□ | <u>KEMPOS</u>
<input type="checkbox"/> Crane
□□□□ |
| <u>JIU-JITSUS:</u>
<input type="checkbox"/> 2nd Front Wrist Grab
□□□□ | <u>JIU-JITSUS:</u>
<input type="checkbox"/> 2nd Ghi Grab
□□□□ | <u>JIU-JITSUS:</u>
<input type="checkbox"/> 2nd Front Choke
□□□□ |
| <u>FORMS:</u>
<input type="checkbox"/> One Kata Pt. 1
□□□□ | <u>FORMS:</u>
<input type="checkbox"/> One Kata Pt. 2
□□□□ | <u>FORMS:</u>
<input type="checkbox"/> One Kata
□□□□ |
| <u>DISARMS:</u>
<input type="checkbox"/> Overhead #2
□□□□ | <u>DISARMS:</u>
<input type="checkbox"/> Straight In #2
□□□□ | <u>DISARMS:</u>
<input type="checkbox"/> Side #2
□□□□ |

JUNIOR

GREEN BELT TO EARN HIGH GREEN BELT

STRIKES:

Trigger Finger

STRIKES:

Palm to Ribs

KICKS:

Spinning Back Kick

Blocks

Ten Point 6-10

REVIEW

Wounded Tiger

REVIEW

12 Point Blocking

Karate Kid Blocking

COMBINATIONS:

1

COMBINATIONS:

11

KEMPOS

Dragon

JIU-JITSUS:

2nd Rear Wrist

JIU-JITSUS:

2nd Back Chokes

DISARMS:

Overhead #2
w/ Takedown

DISARMS:

Straight In #2
w/ Takedown

DISARMS:

Side #2
w/ Takedown

FORMS:

Two Kata Pt. 1

FORMS:

Two Kata Pt. 2

FORMS:

Two Kata

JUNIOR

HIGH GREEN BELT TO EARN 3RD DEGREE BROWN BELT

STRIKES:

Jab

Cross

STRIKES:

Hook

STRIKES:

Upper Cut

COMBINATIONS:

12

COMBINATIONS:

14

COMBINATIONS:

2-12, 14

KEMPOS

Tiger

REVIEW

12-Point Blocks

Karate Kid

REVIEW

Wounded Tiger

Ten Point

JIU-JITSUS:

2nd Back Bear Hug

JIU-JITSUS:

2nd Side Head Lock

JIU-JITSUS:

All Learned

DISARMS:

Straight-In

#1 & 2

DISARMS:

Overhead

#1 & 2

DISARMS:

Side

#1 & 2

FORMS:

Statue of the Crane
Part 1

FORMS:

Statue of the Crane
Part 2

REVIEW

One Pinon

Two Pinon

One Kata

Two Kata

Statue of the Crane

JUNIOR

3RD DEGREE TO 2ND DEGREE BROWN BELT

BLOCKS:

Plum Tree
Part 1
□ □ □ □

BLOCKS:

Plum Tree
Part 2
□ □ □ □

BLOCKS:

Plum Tree
□ □ □ □

COMBINATIONS:

10
□ □ □ □

COMBINATIONS:

16
□ □ □ □

COMBINATIONS:

26
□ □ □ □

KEMPOS

Leopard
□ □ □ □

JIU-JITSUS:

Hip Throw
□ □ □ □

JIU-JITSUS:

Rear Naked Choke
□ □ □ □

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
□ □ □ □

JUNIOR

2ND DEGREE TO 1ST DEGREE BROWN BELT

SPARRING CLASS

1. _____
2. _____
3. _____

COMBINATIONS:

17A
□ □ □ □

COMBINATIONS:

17B
□ □ □ □

COMBINATIONS:

18
□ □ □ □

KEMPOS

Snake
□ □ □ □

KEMPOS

All Learned
□ □ □ □

JIU-JITSUS:

Grab and Punch
□ □ □ □

JIU-JITSUS:

Push
□ □ □ □

JIU-JITSUS:

All Learned

DISARMS:

Slashing #1
□ □ □ □

DISARMS:

Slashing #2
□ □ □ □

DISARMS:

Static #1
□ □ □ □

FORMS:

Three Pinon
Part 1
□ □ □ □

FORMS:

Three Pinon
Part 2
□ □ □ □

FORMS:

Three Pinon
□ □ □ □