

# JUNIOR

## GREEN BELT TO EARN HIGH GREEN BELT

### STRIKES:

Trigger Finger

### STRIKES:

Palm to Ribs

### REVIEW

12 Point Blocks

### REVIEW

Karate Kid Blocking

### REVIEW

10 Point Blocks

### 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