

# JUNIOR

## BLUE BELT TO EARN HIGH BLUE BELT

LOCKS:  
 Arm Bar  
□ □ □ □

BASICS:  
 Sweep  
□ □ □ □

BASICS:  
 Shoulder Roll  
□ □ □ □

KICKS:  
 Spinning Reverse  
Crescent  
□ □ □ □

STRIKES:  
 Roundhouse Elbow  
□ □ □ □

STRIKES:  
 Reverse Hammer  
□ □ □ □

BLOCKS:  
 1—12  
w/ Counter Strikes  
□ □ □ □

COMBINATIONS:  
 2  
□ □ □ □

COMBINATIONS:  
 3  
□ □ □ □

COMBINATIONS:  
 2-9  
□ □ □ □

JIU-JITSUS:  
 Ponytail Grab  
□ □ □ □

JIU-JITSUS:  
 Full Nelson  
□ □ □ □

JIU-JITSUS:  
 Front Headlock  
□ □ □ □

DISARMS:  
 Overhead #1  
w/ Takedown  
□ □ □ □

DISARMS:  
 Straight In #1  
w/ Takedown  
□ □ □ □

DISARMS:  
 Side #1  
w/ Takedown  
□ □ □ □

FORMS:  
 Two Pinon Pt. 1  
□ □ □ □

FORMS:  
 Two Pinon Pt. 2  
□ □ □ □

FORMS:  
 Two Pinon  
□ □ □ □