

ADULT

WHITE BELT TO EARN YELLOW BELT

<u>BASICS:</u>	<u>BASICS:</u>	<u>BASICS:</u>
Front Position	Right Foot on Elbows	Half Moon Stance
Relax Position	Slap Out	Half Moon
Attention Position		
Horse Stance		
Elbow Position		
<u>HAND STRIKES:</u>	<u>HAND STRIKES:</u>	<u>HAND STRIKES:</u>
Front 2 Knuckle	Hammer Blows:	Palm Strike
Back 2 Knuckle	Head	Shuto
Thrust Punch	Temple	Cross Hand Shuto
		Tigers Claw:
<u>KICKS:</u>	<u>KICKS:</u>	<u>KICKS:</u>
Front Ball	Reverse Crescent	Stepping Stool
Instep	Back	Side
Crescent		
<u>BLOCKS:</u>	<u>BLOCKS:</u>	<u>BLOCKS:</u>
1—4 w/ Application	5—8 w/ Application	1—8 w/ Application
<u>JIU-JITSUS:</u>	<u>JIU-JITSUS:</u>	<u>JIU-JITSUS:</u>
“The Wave”	The Snake	“Pull the frog from
<u>COMBINATIONS:</u>	<u>COMBINATIONS:</u>	
6	7	
	<u>FORMS:</u>	
	Pinan One	

ADULT

YELLOW BELT TO EARN ORANGE BELT

<u>BASICS:</u>	<u>BASICS:</u>	<u>BASICS:</u>
Chinese	Box Step	Cat Stances
Leg Maneuver		
<u>PUNCHES:</u>	<u>PUNCHES:</u>	<u>PUNCHES:</u>
Spearhand Poke	Leopard’s Paw	Chicken Wrist
	Rake	Back Fist
<u>KICKS:</u>	<u>KICKS:</u>	<u>KICKS:</u>
Roundhouse	Stepping Stool	Shuffle-In Side Kick
<u>BLOCKS:</u>	<u>BLOCKS:</u>	<u>BLOCKS:</u>
1-4 w/ Counter Strikes	5-8 w/Counter Strikes	1-8 w/ Counter Strikes
<u>COMBINATIONS:</u>	<u>COMBINATIONS:</u>	<u>KEMPOS:</u>
8	9	Windmill
<u>JIU-JITSUS:</u>	<u>JIU-JITSUS:</u>	<u>JIU-JITSUS:</u>
“Chicken”	“Please Don’t Take...”	“Teacher May I”
<u>DISARMS:</u>	<u>DISARMS:</u>	<u>DISARMS:</u>
Straight In #1	Overhead #1	Side #1
	<u>FORMS:</u>	
	Pinan Two	

ADULT

ORANGE BELT TO EARN PURPLE BELT

<u>HAND STRIKES</u>	<u>HAND STRIKES</u>	<u>HAND STRIKES</u>
Jab	Hook	Ridge Hand
Cross	Uppercut	Immortal Man
<u>KICKS:</u>	<u>KICKS:</u>	<u>KICKS:</u>
Hook Kick	Axe Kick	Flying Side Kick
<u>BLOCKS:</u>	<u>BLOCKS:</u>	<u>BLOCKS:</u>
“Karate Kid” 1-4	“Karate Kid” 5-10	“Karate Kid” w/ application
<u>COMBINATIONS:</u>	<u>COMBINATIONS:</u>	<u>KEMPOS:</u>
4	5	Fast Hands Crane Dragon
<u>JIU-JITSUS:</u>	<u>JIU-JITSUS:</u>	<u>JIU-JITSUS:</u>
“Gunslinger”	Front Headlock	Side Headlock
<u>DISARMS:</u>	<u>DISARMS:</u>	<u>DISARMS:</u>
Overhead #1 w/ takedown	Straight In #1 w/ takedown	Side #1 w/ takedown
	<u>FORMS:</u>	
	Kata One	

ADULT

PURPLE BELT TO EARN BLUE BELT

<u>STRIKES:</u>	<u>STRIKES:</u>	<u>BLOCKS:</u>
Roundhouse Elbow	Dragon Strike	Palm/Knife Hand
	Tiger’s Mouth	
<u>BLOCKS:</u>	<u>BLOCKS:</u>	<u>BLOCKS:</u>
1-12 w/ Counters	1-12 w/ Counters	1-12 w/ Counters
<u>KICKS:</u>	<u>KICKS:</u>	<u>KICKS:</u>
Spinning	Spinning	Spinning
Reverse Crescent	Hook	Back Kick
<u>COMBINATIONS:</u>	<u>COMBINATIONS:</u>	<u>COMBINATIONS:</u>
1	2	3
<u>KEMPOS:</u>	<u>KEMPOS:</u>	<u>KEMPOS:</u>
Tiger	Leopard	Snake
<u>JIU-JITSUS:</u>	<u>JIU-JITSUS:</u>	<u>JIU-JITSUS:</u>
Front Hair Grab	Back Pony Tail Grab	Push
<u>DISARMS:</u>	<u>DISARMS:</u>	<u>DISARMS:</u>
Overhead #2	Straight In #2	Side #2
	<u>FORMS:</u>	
	Kata Two	

ADULT

BLUE BELT TO EARN HIGH BLUE

<u>LOCKS:</u>	<u>LOCKS</u>	<u>BLOCKS:</u>
Arm Bar	Nikio Lock	Wounded Tiger
<u>KICKING COMBO:</u>	<u>KICKING COMBO:</u>	<u>KICKING COMBO:</u>
Crescent/Side	Roundhouse/ Spinning Hook	Crescent/ Spinning Rev. Crescent
<u>COMBINA- TIONS:</u>	<u>COMBINATIONS:</u>	<u>COMBINATIONS:</u>
	Advance 7	10
<u>KEMPOS:</u>	<u>KEMPOS:</u>	<u>KEMPOS:</u>
Rising Sun	Pine Tree	Monkey
<u>JIU-JITSUS:</u>	<u>JIU-JITSUS:</u>	<u>JIU-JITSUS:</u>
Grab and Punch	2 Ghi Grabs	2 Front Chokes
<u>DISARMS:</u>	<u>DISARMS:</u>	<u>DISARMS:</u>
Overhead #3	Straight In #3	Side #3
	<u>FORMS:</u>	
	Statue of Crane	

ADULT

HIGH BLUE TO EARN GREEN BELT

<u>BASICS:</u>	<u>STRIKES:</u>	<u>STRIKES:</u>
Shoulder Roll	Trigger Finger	Upward Elbow Downward Elbow
<u>KICKS:</u>	<u>BLOCKS:</u>	
Kung Fu Crescent	10 Point Blocking	
<u>COMBINTIONS:</u>	<u>COMBINATIONS:</u>	
11	26	
<u>KEMPOS:</u>	<u>KEMPOS:</u>	<u>KEMPOS:</u>
Gorilla	8 Elbows	Kettle Drum
<u>JIU-JITSUS:</u>	<u>JIU-JITSUS:</u>	<u>JIU-JITSUS:</u>
2 Rear Wrist	2 Back Bear Hugs	2 Back Chokes
<u>DISARMS:</u>	<u>DISARMS:</u>	
Slashing #1	Slashing #2	
	<u>FORMS:</u>	
	Kata Three	

ADULT

GREEN BELT TO EARN HIGH GREEN

BASICS:

Hip Throws

COMBINATIONS:

12

COMBINATIONS:

13

COMBINATIONS:

14

KEMPOS:

5 Shutos

KEMPOS:

7 Claws of Tiger

KEMPOS:

Hook and Wing

JIU-JITSUS:

Full Nelson

JIU-JITSUS:

2 Hands on 1 #2

JIU-JITSUS:

Hair Grab #2

DISARMS:

Static #1

DISARMS:

Static #2

FORMS:

3 Pinan

ADULT

HIGH GREEN TO 3RD DEGREE BROWN

KICKS:

All Learned

HAND STRIKES:

All Learned

BLOCKS:

All Learned

COMBINATIONS:

15

COMBINATIONS:

16

COMBINATIONS:

17: A and B

Kempos:

Perfect Weapon

Kempos:

Darkness

Kempos:

Roadhouse

JIU-JITSUS:

Rear Naked Choke

JIU-JITSUS:

2 Side Headlocks

JIU-JITSUS:

2 Front Headlocks

DISARMS:

4 Overhead

DISARMS:

4 Straight In

DISARMS:

4 Side

FORMS:

4 Pinan

FORMS:

4 Kata

FORMS:

4 Pinan
4 Kata

ADULT

3RD BROWN TO 2ND DEGREE BROWN

COMBINATIONS: COMBINATIONS: BLOCKS:

18

19

Plum Tree

Kempos:

Bruce Lee #1

Kempos:

Bruce Lee #2

Kempos:

Bruce Lee #3

JIU-JITSUS:

3 Front Choke

JIU-JITSUS:

3 Ghi Grabs

JIU-JITSUS:

3 Front Wrist

DISARMS:

3 Slashing

DISARMS:

3 Static

FORMS:

Pinan Five

ADULT

2ND BROWN TO 1ST DEGREE BROWN

SPARRING

1. _____

2. _____

GRAPPLING

1. _____

2. _____

A.C.T.

1. _____

2. _____

COMBINATIONS:

20

JIU-JITSUS:

3 Back Chokes

JIU-JITSUS:

3 Back Bear Hugs

JIU-JITSUS:

3 Rear Wrist Grabs

DISARMS:

5 Overhead

DISARMS:

5 Straight-In

DISARMS:

5 Slashing

FORMS:

Kata Five