

# JUNIOR

## HIGH BLUE BELT TO EARN GREEN BELT

### BASICS:

Cat Stance

### KICKS:

Kung Fu Crescent

### KICKS:

Knees

### BLOCKS:

10 Point 1-5

### LOCKS:

Nikio

### COMBINATIONS:

Advance 6

### COMBINATIONS:

Advance 7

### KEMPOS

Crane

### JIU-JITSUS:

2nd Front Wrist Grab

### JIU-JITSUS:

2nd Ghi Grab

### JIU-JITSUS:

2nd Front Choke

### FORMS:

One Kata Pt. 1

### FORMS:

One Kata Pt. 2

### FORMS:

One Kata

### DISARMS:

Overhead #2

### DISARMS:

Straight In #2

### DISARMS:

Side #2