

TEEN

White to Yellow

BASICS:

Front Position
□□□□

Horse Stance
□□□□

Ki-Ai
□□□□

BASICS:

Attention Position
□□□□

Relax Position
□□□□

Right Foot on Elbows
□□□□

BASICS:

Half Moon Stance
□□□□

Half Moon Step
□□□□

Slap Out
□□□□

HAND STRIKES:

Front 2 Knuckle
□□□□

Back 2 Knuckle
□□□□

Thrust Punch
□□□□

HAND STRIKES:

Palm Heel Strike
□□□□

Hammer Strike:
□□□□

Shutos
□□□□

HAND STRIKES:

Tigers Claw
□□□□

Dragon Strike
□□□□

KICKS:

Front Ball
□□□□

Instep
□□□□

KICKS:

Crescent
□□□□

Reverse Crescent
□□□□

KICKS:

Back
□□□□

Side
□□□□

BLOCKS:

1—4
□□□□

BLOCKS:

5—8
□□□□

BLOCKS:

1—8 w/ Application
□□□□

JIU-JITSUS:

The Wave
□□□□

JIU-JITSUS:

The Snake
□□□□

JIU-JITSUS:

Pull the frog...
□□□□

Combination 6
□□□□

Combination 7
□□□□

Half Moon and Punch
□□□□

TEEN

Yellow to Orange

ASICS:

Box Step
□□□□

BASICS:

Cat Stances
□□□□

BASICS:

Student Creed
□□□□

PUNCHES:

Cross Hand Shuto
□□□□

PUNCHES:

Back Fist
□□□□

PUNCHES:

Chicken Wrist
□□□□

KICKS:

Shuffle-In Side
□□□□

KICKS:

Roundhouse
□□□□

KICKS:

Stepping Stool
□□□□

BLOCKS:

1-4 w/ Counters
□□□□

BLOCKS:

5-8 w/Counters
□□□□

BLOCKS:

1-8 w/ Counters
□□□□

COMBINATIONS:

8
□□□□

COMBINATIONS:

9
□□□□

KEMPO

Crane
□□□□

JIU-JITSUS:

Bear Hug
□□□□

JIU-JITSUS:

Front Choke
□□□□

JIU-JITSUS:

Rear Choke
□□□□

WEAPONS:

Straight In #1 Block
□□□□

WEAPONS:

Overhead #1 Block
□□□□

WEAPONS:

Side #1 Block
□□□□

FORMS:

1 Pinon Pt.1
□□□□

FORMS:

1 Pinon Pt.2
□□□□

FORMS:

1 Pinon
□□□□

TEEN

Orange to Purple

BASICS:

Jab
Cross
□ □ □ □

BASICS:

Backward
Shoulder Roll
□ □ □ □

BASICS:

Forward
Shoulder Roll
□ □ □ □

PUNCHES:

Tiger's Mouth
□ □ □ □

PUNCHES:

Rake
□ □ □ □

PUNCHES:

Immortal Man
□ □ □ □

KICKS:

Axe Kick
□ □ □ □

KICKS:

Flying Side Kick
□ □ □ □

KICKS:

Stepping Stool
□ □ □ □

BLOCKS:

Karate Kid 1—6
□ □ □ □

BLOCKS:

Karate Kid 7—10
□ □ □ □

BLOCKS:

Karate Kid
□ □ □ □

COMBINATIONS:

4
□ □ □ □

COMBINATIONS:

5
□ □ □ □

KEMPO

Dragon
□ □ □ □

JIU-JITSUS:

Rear Wrist Grab
□ □ □ □

JIU-JITSUS:

Hair Grab
□ □ □ □

JIU-JITSUS:

Side Headlock
□ □ □ □

DISARM:

Straight In #1
□ □ □ □

DISARM:

Overhead #1
□ □ □ □

DISARM

Side #1
□ □ □ □

FORMS:

Two Pinon Pt.1
□ □ □ □

FORMS:

Two Pinon Pt.2
□ □ □ □

FORMS:

Two Pinon
□ □ □ □

TEEN

PURPLE BELT TO EARN BLUE BELT

BASICS:

Arm Bar
□ □ □ □

BASICS:

Blitz Takedown
□ □ □ □

BASICS:

Sweep
□ □ □ □

HAND STRIKES:

Ridge Hand
□ □ □ □

HAND STRIKES:

Spear Hand
□ □ □ □

HAND STRIKES:

Leopard Paw
□ □ □ □

KICKS:

Hook Kick
□ □ □ □

KICKS:

Spinning Hook Kick
□ □ □ □

KICKS:

Spinning Back Kick
□ □ □ □

BLOCKS:

9-10
□ □ □ □

BLOCKS:

11-12
□ □ □ □

BLOCKS:

1-12 w/ Counters
□ □ □ □

COMBINATIONS:

2
□ □ □ □

COMBINATIONS:

3
□ □ □ □

KEMPO

Tiger
□ □ □ □

JIU-JITSUS:

Front Headlock
□ □ □ □

JIU-JITSUS:

Full Nelson
□ □ □ □

JIU-JITSUS:

Cross Wrist
□ □ □ □

DISARMS:

Overhead #2
□ □ □ □

DISARMS:

Straight In #2
□ □ □ □

DISARMS:

Side #2
□ □ □ □

FORMS:

One Kata Pt. 1
□ □ □ □

FORMS:

One Kata Pt. 2
□ □ □ □

FORMS:

One Kata
□ □ □ □

TEEN

BLUE BELT TO EARN HIGH BLUE

HAND STRIKES

Hook
Uppercut
□ □ □ □

HAND STRIKE:

Roundhouse Elbow
□ □ □ □

KICK:

Spinning
Reverse Crescent
□ □ □ □

BLOCKS:

Wounded Tiger
1—4
□ □ □ □

BLOCKS:

Wounded Tiger
5—8
□ □ □ □

BLOCKS:

Wounded Tiger
□ □ □ □

COMBINATIONS:

1
□ □ □ □

COMBINATIONS:

10
□ □ □ □

COMBINATIONS:

All Learned

KEMPOS

Leopard
□ □ □ □

KEMPOS

Snake
□ □ □ □

KEMPOS

The Animals
□ □ □ □

JIU-JITSUS:

2 Front Choke
□ □ □ □

JIU-JITSUS:

2 Rear Choke
□ □ □ □

JIU-JITSUS:

2 Wrist Grabs
□ □ □ □

DISARMS:

Overhead #2
□ □ □ □

DISARMS:

Straight In #2
□ □ □ □

DISARMS:

Side #2
□ □ □ □

FORMS:

Two Kata Pt. 1
□ □ □ □

FORMS:

Two Kata Pt. 2
□ □ □ □

FORMS:

Two Kata
□ □ □ □

TEEN

HIGH BLUE BELT TO EARN GREEN BELT

BASICS:

Upward Elbow
□ □ □ □

HAND STRIKE:

Downward Elbow
□ □ □ □

KICK:

Jump Spinning
Reverse Crescent
□ □ □ □

BLOCKS:

Ten Point
1—5
□ □ □ □

BLOCKS:

Ten Point
6—10
□ □ □ □

BLOCKS:

Ten Point
□ □ □ □

COMBINATIONS:

11
□ □ □ □

COMBINATIONS:

12
□ □ □ □

KEMPOS

Windmill
□ □ □ □

KEMPOS

Three Palms
□ □ □ □

JIU-JITSUS:

2 Rear Wrist
□ □ □ □

JIU-JITSUS:

2 Ghi Grabs
□ □ □ □

JIU-JITSUS:

2 Bear Hugs
□ □ □ □

DISARMS:

Overhead #2
□ □ □ □

DISARMS:

Straight In #2
□ □ □ □

DISARMS:

Side #2
□ □ □ □

FORMS:

Statue of the Crane
Part 1
□ □ □ □

FORMS:

Statue of the Crane
Part 2
□ □ □ □

FORMS:

Statue of the Crane
□ □ □ □

TEEN

GREEN BELT TO EARN HIGH GREEN

HAND STRIKE:

Jab/Cross
□□□□

HAND STRIKE:

Hook
□□□□

HAND STRIKE:

Upper Cut
□□□□

COMBINATIONS:

14
□□□□

COMBINATIONS:

26
□□□□

□□□□

KEMPOS

Fast Hands
□□□□

KEMPOS

Rising Sun
□□□□

JIU-JITSUS:

2 Full Nelson
□□□□

JIU-JITSUS:

Rear Naked Choke
□□□□

DISARMS:

Overhead #3
□□□□

DISARMS:

Straight In #3
□□□□

DISARMS:

Side #3
□□□□

FORMS:

Three Kata
Part 1
□□□□

FORMS:

Three Kata
Part 2
□□□□

FORMS:

Three Kata
□□□□

TEEN

HIGH GREEN BELT BELT TO EARN 3rd DEGREE BROWN

STANCES/

FOOTWORK:
All Learned
□□□□

HAND STRIKE:

All Learned
□□□□

KICKS:

All Learned
□□□□

BLOCKS:

All Learned
□□□□

COMBINATIONS:

17A
□□□□

COMBINATIONS:

17B
□□□□

KEMPOS

All Learned
□□□□

JIU-JITSUS:

All Learned
□□□□

DISARMS:

Slashing #1
□□□□

DISARMS:

1 Static
□□□□

DISARMS:

All Learned
□□□□

FORMS:

Three Pinon
Part 1
□□□□

FORMS:

Three Pinon
Part 2
□□□□

FORMS:

Three Pinon
□□□□

TEEN

3rd DEGREE BROWN TO EARN 2nd DEGREE BROWN

HAND STRIKE:

Spinning Back Fist
□ □ □ □

BLOCKS:

Plum Tree
□ □ □ □

COMBINATIONS:

16
□ □ □ □

COMBINATIONS:

18
□ □ □ □

□ □ □ □

KEMPOS

Gorilla
□ □ □ □

JIU-JITSUS:

Grab and Hit
□ □ □ □

JIU-JITSUS:

Two-Hand Push
□ □ □ □

DISARMS:

4 Overhead
□ □ □ □

DISARMS:

4 Straight In
□ □ □ □

DISARMS:

4 Side
□ □ □ □

FORMS:

Four Kata Part 1
□ □ □ □

FORMS:

Four Kata Part 2
□ □ □ □

FORMS:

Four Kata
□ □ □ □

TEEN

2nd DEGREE BROWN TO EARN 1st DEGREE BROWN

BASICS:

All Learned
□ □ □ □

THREE SPARRING CLASSES

Signed and Dated by Instructor

COMBINATIONS:

13
□ □ □ □

COMBINATIONS:

19
□ □ □ □

KEMPOS

All Learned
□ □ □ □

JIU-JITSUS:

All Learned
□ □ □ □

DISARMS:

Slashing #2
□ □ □ □

DISARMS:

2 Static
□ □ □ □

DISARMS:

All Learned
□ □ □ □

FORMS:

Four Pinon Part 1
□ □ □ □

FORMS:

Four Pinon Part 2
□ □ □ □

FORMS:

Four Pinon
□ □ □ □

TEEN

1st DEGREE BROWN TO EARN TEEN BLACK BELT

BASICS:

All Learned

THREE SPARRING CLASSES

Signed and Dated by Instructor

THREE A.C.T. CLASSES

Signed and Dated by Instructor

COMBINATIONS:

All Learned

KEMPOS

All Learned

DISARMS:

Slashing #2

JIU-JITSUS:

All Learned

FORMS:

All Learned