TEEN THIRD TO SECOND DEGREE BROWN BELT

FUNDAMENTALS

STANCES AND FOOTWORK
- Upward Elbow
- Downward Elbow

HAND STRIKE
- Trigger Finger
- Spinning Back Fist

BLOCKS AND LOCKS
- Plum Tree

SPARRING
- Three Sessions

SELF DEFENSE

JIU JITSU'S
- Push #3
- 2nd Wrist Grab

COMBINATIONS
- Combination 11
- Roundhouse Kick #2

KEMPOS
- Windmill

DISARMS
- Slashing #2

FORM:
- Kata Four