

# JUNIOR

## PURPLE BELT TO EARN BLUE BELT

<u>BASICS:</u> <input type="checkbox"/> Box Step □□□□	<u>TAKEDOWN:</u> <input type="checkbox"/> Blitz □□□□	<u>HAND STRIKES</u> <input type="checkbox"/> Rake □□□□
<u>KICKS:</u> <input type="checkbox"/> Axe Kick □□□□	<u>KICKS:</u> <input type="checkbox"/> Spinning Back □□□□	<u>KICKS:</u> <input type="checkbox"/> Spinning Hook Kick □□□□
<u>BLOCKS:</u> <input type="checkbox"/> 9-10 □□□□	<u>BLOCKS:</u> <input type="checkbox"/> 11-12 □□□□	<u>BLOCKS:</u> <input type="checkbox"/> 1-12 □□□□
<u>COMBINATIONS:</u> <input type="checkbox"/> 4 □□□□	<u>COMBINATIONS:</u> <input type="checkbox"/> 5 □□□□	<u>COMBINATIONS</u> <input type="checkbox"/> 4,5,6,7,8,9 □□□□
<u>JIU-JITSUS:</u> <input type="checkbox"/> Snake Takedown □□□□	<u>JIU-JITSUS:</u> <input type="checkbox"/> Side Headlock □□□□	
<u>DISARMS:</u> <input type="checkbox"/> Overhead #1 □□□□	<u>DISARMS:</u> <input type="checkbox"/> Straight In #1 □□□□	<u>DISARMS:</u> <input type="checkbox"/> Side #1 □□□□
<u>FORMS:</u> <input type="checkbox"/> One Pinon Pt. 1 □□□□	<u>FORMS:</u> <input type="checkbox"/> One Pinon Pt. 2 □□□□	<u>FORMS:</u> <input type="checkbox"/> One Pinon □□□□