TEEN GREEN TO HIGH GREEN BELT

FUNDAMENTALS

STANCES AND FOOTWORK
- Roundhouse Elbow
- Back Elbow

KICKS
- Kung Fu Crescent Kick

BLOCKS and LOCKS
- Ten Point System 6-10

SELF DEFENSE

JIU JITSU'S
- 2nd Ghi Grab
- 2nd Front Choke

COMBINATIONS
- Combination 10
- Straight Kick #2

KEMPOS
- Snake

DISARMS
- Overhead #3
- Side #3

FORM:
- Kata Three