# ADULT GREEN TO HIGH GREEN BELT

## FUNDAMENTALS

### STANCES AND FOOTWORK
- Upward 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 11
- Combination 14
- Straight Kick #2

### KEMPOS
- Pine Tree
- Hook and Wing

### DISARMS
- Static #1
- 4th Overhead

### FORM:
- Pinan Three