



ADULT BELT REQUIRMENTS

PROGRESSION



KICKS	STRIKES
Question Mark Mantis Back Kick	Trigger Finger Immortal Man Leopard Paw U Punch
COMBINATIONS	KEMPOS
8, 9, 12	7-12
JIU-JITSU/JUDO	SPECIALS
Grappling Set 1 Line Set 1 Ko Soto Gari, Ipon Seonage	3 Pinan Line Set 1 Club 2