



ADULT BELT REQUIRMENTS

PROGRESSION



STANCES	BLOCKS
Reverse Bow Neutral Bow	Parry Crane Double Scissor
KICKS	STRIKES
Stepping Stool Hook Axe	Snake Tongue Spear Hand Tiger Claw Phoenix Fist Back 2 Knuckle
COMBINATIONS	KEMPOS
Advanced 3, 2, 5, 18	4-6
JIU-JITSU/JUDO	SPECIALS
One Hand Push Two Hand Push Two Hand Wrist Grab Round Kick Defense L/R Oh Goshi	1 Kata 2 Pinan 8 Elbow Strikes Club 2