



ADULT BELT REQUIRMENTS

PROGRESSION



KICKS	STRIKES
Wheel Drop Side Spinning Crescent Leaping Side Blade	Bear Paw Crane Beak Ridge Hand Snake Strike
COMBINATIONS	KEMPOS
10, 15	13, 14, 15
JIU-JITSU/JUDO	SPECIALS
Line set 2 Grappling Set 2 High Front Gun Club 3 Hiza Garuma	2 Kata Northern Two-Man Fist Set Club 3