



## ADULT BELT REQUIRMENTS

### PROGRESSION



KICKS	COMBINATIONS
Scissor Hurricane Cartwheel Jump Back Iron Broom Tornado	14, 26
KEMPOS	JIU-JITSU/JUDO
9, 10, 12	Low Front Gun O Uchi Gari
SPECIALS	
3 Kata Southern Two Man Fist Set Club 4 Line Sets (R&L) Grappling Sets (R&L)	