



## ADULT BELT REQUIRMENTS

### PROGRESSION



| STANCES   | BLOCKS   |
|---|--|
| Cat<br>Bow<br>Twist                                 | Iron Palm<br>Open Crane Wing<br>Iron Fortress<br>Iron Dragon                                   |
| KICKS   | STRIKES  |
| Side Blade<br>Round<br>Stomp<br>Knee                | Rolling Shuto<br>Cross Hand Shuto<br>Tiger Mouth<br>Cranes Head<br>Rising Elbow<br>Elbow Spike |
| COMBINATIONS  | KEMPOS   |
| Advanced 6, 3, 7                                    | 1-3  |
| JIU-JITSU/JUDO                                      | SPECIALS   |
| Rear Hammer Lock<br>Cross Wrist Grab<br>O Soto Gari | 8 Point w/Counter Strikes<br>1 Pinan<br>Club 1   |