



Kensho Jr High Green Belt

Kickboxing

1. Kicking – Hook kick

Self-Defense

1. Bear hug escape
 - a. Over arms
 - b. Under arms
2. Headlock escape – side headlock

Weapons

1. Continue with Low Green Belt
 - a. Add upward figure eight
2. Star pattern with live hand touch
3. Four count – both sides

Grappling

1. Ground positions
 - a. Kesagatame
 - b. Side control
 - c. Mount