



Kensho Jr Low Blue Belt

1. Kicking
 - a. Chasse bas
 - b. Chasse median
 - c. Coup de Pied

Self-Defense

1. Standing submissions – lapel grab
 - a. Same side hand to wrist compression
 - b. Opposite hand to standing armbar

Weapons

1. Sinawali – Heaven 6

Grappling

1. Falls from standing
 - a. Back
 - b. Side
 - c. Front
 - d. Rolling
2. Grappling positions
 - a. North/south position
3. Takedowns
 - a. Unbalancing concepts
 - b. Osoto gari – major outer reap

Equipment requirement

1. Shin guards
2. Groin protection/Cup
3. Mouth Guard
4. Boxing Gloves
5. Kali Sticks