



Kensho Jr High Blue Belt

1. Kicking – Revers
2. Thai kicks

Weapons

1. Sinawali
 - a. Standard 6
 - b. Earth 6

Grappling

1. Positions
 - a. Clock drill
 - i. Kesagatamae
 - ii. Side control
 - iii. Mount
 - iv. Side control
 - v. Kesagatamae
 - vi. North/South
 - b. Guard and escape
2. Takedowns
 - a. Ogoshi – Hip throw
3. Submissions
 - a. Straight armbar
 - b. Top wrist lock/Americana
 - c. Chicken wing