

Stokes Ju Jitsu and Arnis

www.StokesJuJitsu.com

Testing Requirements For

Black Belt

Level 13

A. Give a detailed history of Arnis and describe the training coverage in our art.

B. Redonda with Duplete

1. Doble Baston

C. Alternating Propellers with Cuts

1. Doble Baston

D. Trapping Hands:

1. Full Speed Give and Take

E. Solo Baston Forms:

1. Forms 1-4 Individually and Non-Stop

F. Doble Baston Forms:

1. Forms 1-4 Individually and Non-Stop

G. Punyal Forms:

1. Forms 1-4 Individually and Non-Stop

H. Angulo:

1. Solo Baston
2. Doble Baston

I. Knife Disarms:

1. Angles 1-12

J. Stick Disarms:

1. Empty Hand vs. Stick Strips
2. Stick vs. Stick Takedowns

K. Ground Fighting:

1. 30 Minutes (Rotating Opponents)

L. Grappling:

1. Flowing Demonstration

M. Poste:

1. Multiple Attackers
2. Multiple Armed Attackers

N. Stick Sparring:

1. One Opponent
2. Two Opponents