

Stokes Ju Jitsu and Arnis

www.StokesJuJitsu.com

Testing Requirements For

Blue Belt

Level 4

A. 12 Angles of Attack (Stick):

1. Control
2. Follow Through

B. 12 Angles of Attack (Knife):

1. Regular Grip
2. Reverse Grip

C. Grappling:

1. Center Lock
2. Straight Arm Bar Takedown
3. Figure Four Takedown

D. Ground Fighting:

1. Rolling for 5 minutes without a break.