

Stokes Ju Jitsu and Arnis

www.StokesJuJitsu.com

Testing Requirements For

Blue Belt – 1 Stripe

Level 5

A. Blocks in Response to 12 Angles of Attack (Stick):

1. Control
2. Check
3. Follow Through
4. Counter

B. Blocks in Response to 12 Angles of Attack (Knife):

1. Regular Grip
2. Regular Grip with Counter
3. Reverse Grip
4. Reverse Grip with Counter

C. Basic Stick Sparring:

1. Sequence 1 (Offense)
2. Sequence 1 (Defense)
3. Sequence 1 (Give and Take)

E. Grappling:

1. Forearm Throw
2. Redonda Throw
3. Armbar Turnover
4. Armbar with Straddle Stance

D. Ground Fighting:

1. Rolling for 8 minutes without a break.