

Stokes Ju Jitsu and Arnis

www.StokesJuJitsu.com

Testing Requirements For

Blue Belt – 2 Stripes

Level 6

A. Abanico:

1. Corto
2. Medya
3. Largo
4. Herada
5. S.B. – Combination 1
6. S.B. – Combination 2
7. D.B. – Combination 1
8. D.B. – Combination 2
9. E.D. – Combination 1
10. E.D. – Combination 2
11. Knife (regular grip) – Combination 1
12. Knife (regular grip) – Combination 2
13. Knife (reverse grip) – Combination 1
14. Knife (reverse grip) – Combination 2
15. E.H. – Combination 1
16. E.H. – Combination 2

B. Striking Styles:

1. Figura de Ocho
2. Rompida
3. Banda y Banda
4. Taas-Baba
5. Masagana

C. Basic Stick Sparring:

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

D. Ground Fighting:

1. Rolling for 10 minutes without a break.

E. Grappling:

1. Standing Center Lock
2. Standing Center Lock Choke
3. Two Finger Lock – Come Along
4. Two Finger Lock – Bent Center Lock
5. Reversed Two Finger Come Along