

# Stokes Ju Jitsu and Arnis

*www.StokesJuJitsu.com*

## Testing Requirements For

### **Brown Belt**

Level 10

#### **A. Stick Drills:**

1. Single Sinawali with Redonda
2. Double Sinawali with Redonda
3. Single, Double, Redonda
4. Single, Double (high, med., low), Redonda

#### **B. Empty Hand Drills:**

1. Single Sinawali with Redonda
2. Double Sinawali with Redonda
3. Single, Double, Redonda
4. Single, Double (high, med., low), Redonda

#### **C. Reversed Redonda:**

1. D.B. – Drill
2. D.B. – Inside Strike
3. D.B. – Outside Strike
4. E.H. – Inside Leg Lock
5. E.H. – Outside Leg Lock

#### **D. Trapping Hands:**

1. Give and Take

#### **E. Knife Disarms:**

1. Angles 1-12

#### **F. Basic Stick Sparring:**

1. Sequence 1-6 (Offense)
2. Sequence 1-6 (Defense)
3. Sequence 1-6 (Give and Take)

#### **G. Ground Fighting:**

1. Rolling for two 12-minute rounds with a one minute break.

#### **H. Grappling:**

1. Inverted Center Lock
2. Arm Lock from 2 Hand Neck Grab
3. Leg Lock from Roundhouse Kick
4. Bent Armbar Transitions (Side-Side)