

Stokes Ju Jitsu and Arnis

www.StokesJuJitsu.com

Testing Requirements For

Brown Belt – 1 Stripe

Level 11

A. Anim Na Bilang (Six Count Drill):

1. Solo Baston
2. Doble Baston
3. Espada y Daga
4. Knife - Regular Grip
5. Knife - Reverse Grip
6. Empty Hand

B. Angulo (Ten Count Drill):

1. Solo Baston
2. Doble Baston
3. Espada y Daga
4. Empty Hand

C. Duplete:

1. Solo Baston
2. Doble Baston
3. Espada y Daga
4. Knife - Regular Grip
5. Knife - Reverse Grip
6. Empty Hand

D. Trapping Hands:

1. Give and Take

E. Basic Stick Sparring:

1. Sequence 1-7 (Offense)
2. Sequence 1-7 (Defense)
3. Sequence 1-7 (Give and Take)

F. Ground Fighting:

1. Rolling for two 15-minute rounds with a one minute break.

G. Grappling:

1. Flowing Demonstration – All Techniques