

Stokes Ju Jitsu and Arnis

www.StokesJuJitsu.com

Testing Requirements For **Brown Belt – 2 Stripes** Level 12

A. Crossada:

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

B. Hubad:

1. E.H. – Straight Punch (Give and Take)
2. E.H. – Inward Elbow
3. E.H. – Knee Strike, Throw
4. E.H. – Knee Strike, Armbar Throw
5. E.H. – Knee Strike, Armbar Take Down
6. E.H. – Knee Strike, Armbar Reverse Throw

C. Palis-Palis:

1. S.B. - Thrust
2. D.B. – Downward Block
3. E.D. – Downward Block
4. E.D. – Forearm Block
5. Knife. – Regular Grip Downward Block
6. Knife – Regular Grip Forearm Block
7. Empty Hand

D. Gunting:

1. E.H. – Inside
2. E.H. – Outside

E. Trapping Hands:

1. Give and Take

F. Basic Stick Sparring:

1. Sequence 1-8 (Offense)
2. Sequence 1-8 (Defense)
3. Sequence 1-8 (Give and Take)

G. Ground Fighting:

1. Rolling for 20 minutes without a break.

H. Grappling:

1. Flowing Demonstration