

# **Stokes Ju Jitsu and Arnis**

*www.StokesJuJitsu.com*

Testing Requirements For

## **Purple Belt**

Level 7

### **A. Stick Disarming:**

1. 12 Strips (Cane vs. Cane)
2. 12 Take Downs (Cane vs. Cane)
3. 12 Strips (E.H. vs. Cane)
4. 12 Take Downs (E.H. vs. Cane)

### **B. Ground Fighting:**

1. Rolling for 12 minutes without a break.

### **C. Basic Stick Sparring**

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