

Stokes Ju Jitsu and Arnis

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Testing Requirements For **Purple Belt – 1 Stripe** Level 8

A. Single Sinawali:

1. D.B. – Drill
2. D.B. – Inside Strike
3. D.B. – Outside Strike
4. S.B. – Drill (right hand only)
5. S.B. – Drill (left hand only)
6. Knife (Regular Grip) – Inside Cut
7. Knife (Regular Grip) – Outside Stab
8. Knife (Reverse Grip) – Inside Cut
9. Knife (Reverse Grip) – Outside Stab
10. E.H. – Inside Choke
11. E.H. – Outside Guillotine
12. E.H. – Inside Throw
13. E.H. – Outside Throw
14. E.H. – Outside Arm-bar Throw
15. E.H. – Outside Arm-bar Reverse Throw
16. E.H. – Outside Arm-bar Takedown
17. Empty Hand vs. Double Knives

B. Double Sinawali:

1. High Range Drill
2. Medium Range Drill
3. Low Range Drill
4. High, Medium, Low Drill
5. H.R. – Inside Strike
6. H.R. – Outside Strike
7. M.R. – Inside Strike
8. M.R. – Outside Strike
9. L.R. – Inside Strike
10. L.R. – Outside Strike
11. Slapping Hands

C. Reverse Double Sinawali:

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

D. Basic Stick Sparring:

1. Sequence 1-4 (Offense)
2. Sequence 1-4 (Defense)
3. Sequence 1-4 (Give and Take)

E. Ground Fighting:

1. Rolling for 15 minutes without a break.

F. Grappling:

1. Bent Armbar Takedown
2. Chicken Wing – Pick-up
3. Spinning Reverse Throw from Chicken Wing
4. Spinning Armbar Takedown (Chicken Wing)