

Stokes Ju Jitsu and Arnis

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Testing Requirements For **Purple Belt – 2 Stripes** Level 9

A. Redonda:

1. D.B. – Drill
2. D.B. – Inside Strike
3. D.B. – Outside Strike
4. Knife (Regular Grip) – Inside Cut
5. Knife (Regular Grip) – Outside Stab
6. Knife (Reverse Grip) – Inside Cut
7. Knife (Reverse Grip) – Outside Stab
8. E.H. – Inside Backhand
9. E.H. – Outside Backhand
10. E.H. – Inside Throw
11. E.H. – Outside Throw
12. E.H. – Outside Front Throw
13. E.H. – Inside Armbar Throw
14. E.H. – Inside Armbar Reverse Throw
15. E.H. – Inside Armbar Takedown
16. E.H. – Outside Figure-Four Takedown

B. Kasilagan:

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

C. Trapping Hands:

1. Give and Take

D. Basic Stick Sparring:

1. Sequence 1-5 (Offense)
2. Sequence 1-5 (Defense)
3. Sequence 1-5 (Give and Take)

E. Ground Fighting:

1. Rolling for two 10-minute rounds with a one minute break

F. Grappling:

1. Figure Four Throw to Leg Choke
2. Figure Four Throw – Flip Over to Armbar
3. Straight Armbar Takedown to Armbar
4. Standing Center Lock Throw to Leg Lock