

# Stokes Ju Jitsu and Arnis

*www.StokesJuJitsu.com*

Testing Requirements For

## **White Belt – 1 Stripe**

Level 2

### **A. Stances:**

1. F. S. – Empty Hand
2. F. S. – Solo Baston
3. F. S. – Doble Baston
4. F. S. – Espada y Daga
5. F. S. – Knife (regular grip)
6. F. S. – Knife (reverse grip)

### **B. Breakfalls:**

1. Front Fall
2. Back Fall to Standing
3. Right-side Fall
4. Left-side Fall

### **C. Basic Drills:**

1. Backward and Forward Shoulder Roll
2. Shoulder Walk
3. Hip Slide Drill
4. Spin Drill
5. Sit-Out Drill