

Stokes Ju Jitsu and Arnis

www.StokesJuJitsu.com

Testing Requirements For

White Belt - 2 Stripes

Level 3

A. Covering Blocks:

1. Cover for Jab
2. Cover for Cross
3. Cover for Hook
4. Cover for Upper Cut
5. Cover for Knee Thrust
6. Cover for Roundhouse

B. Punches:

1. Brachial Stun
2. Ridge Hand
3. Palm Strike
4. Inward Karate Chop
5. Outward Karate Chop
6. Inward Elbow
7. Upward Elbow
8. Downward Elbow
9. Jab
10. Cross
11. Hook
12. Upper Cut
13. Back Fist

C. Kicks:

1. Front Kick
2. Roundhouse
3. Knee Thrust