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| **Junior Bodan Belt** |
| Position & Movement | * Kempo 1
* Side mount
* Scarf hold
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| Rolls, Falls & Throws | * Obstacle dives
* Wall dives
* Moving bamboo
* Tackle throw
* Rolling kick over
 |
| Striking | * Kicks
	+ Jump spin OP
	+ Flying knee
	+ Spin heel
	+ Jump double side kick
* Boxing
	+ Ridge & spear hands
* Blocks
	+ Elliptical block
 |
| Self Defense Technique(Intermediate & Teen only) | * Back Grabs
	+ Key
	+ Reverse Key
* Head lock / Throat grab
	+ Chicken wing
	+ Arm bar
	+ Wrist Flex
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