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| **Junior Bodan Belt** | |
| Position & Movement | * Kempo 1 * Side mount * Scarf hold |
| 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 |