

Probationary Black			
Katas	<ul style="list-style-type: none"> •Chinto •Anyo Tatlo Stick form 3 	Throws & Ground Grappling	<ul style="list-style-type: none"> •Shin to Bicep Tendon •Squat to Bicep Tendon •Double Arm lift throw •Knee locks: front, side, rear, sitting
Self Defense	<ul style="list-style-type: none"> •Gun Defenses (various) 	Blocks & Parries	<ul style="list-style-type: none"> •Sinawali Boxing from Uppercut: armbar, arm shock, shoulder lock (wrap) & forearm backward throw
Kicks & Strikes	<ul style="list-style-type: none"> •Knee check (w/foot) •Knee stomp (w/follow through) •Ulnar •Radial 	Chokes	<ul style="list-style-type: none"> •Rear Interlocking Choke •Finger Choke
Arm & Shoulder Locks	<ul style="list-style-type: none"> •Figure-4 arm lock: single & double arm •Tricep Tendon Cradle •Snaking Tricep Tendon w/knuckles 	Cane Techniques, Strikes & Blocks	<ul style="list-style-type: none"> •Cut to (Angle 1): armbar, forearm disarm to standing center & upper arm disarm to one arm compress elbow •Cut to (Angle 2): cane takedown to mobility throw & wrist lock to center lock
Finger & Wrist Locks	<ul style="list-style-type: none"> •Double inverted finger lock from wedge •C-lock 		
Questions	<ul style="list-style-type: none"> •Explain the SCJ's 2-way action (tighter action) •Explain fulcrum-lever-base •Explain "Create a base": why, how, where, when •Mark on drawing provided 9 pressure points on the outside and back of the arm: Name the pressure point, what type of pressure is used to affect it, the angle and direction and what effect it has 	Pressure Points: show location, demonstrate angle & direction and effect	<ul style="list-style-type: none"> •LI13, LI10, LI7, LU7, TW3, TW11, TW12, SI6, SI7