

Junior Martial Athlete Curriculum - Level 1 & 2 Class B - All Trimesters

Class #	Level 1	Level 2
1.	Kempo: A (learn & apply on pad)	Kempo: J (learn & apply on pad)
2.	Jiu-Jitsu: Slap out & get up & shoulder roll	Jiu-Jitsu: Slap out & get up & shoulder roll
3.	Sparring: Stance, guard, and movement	Sparring: Stance, guard, and movement
4.	Kempo: A (learn & apply on single partner)	Kempo: J (learn & apply on single partner)
5.	Jiu-Jitsu: Slap out & get up & shoulder roll	Jiu-Jitsu: Slap out & get up & shoulder roll
6.	Sparring: Jab-X-Kick combo in any order	Sparring: Jab-X-Kick combo in any order
7.	Kempo: B (learn & apply on pad)	Kempo: K (learn & apply on pad)
8.	Jiu-Jitsu: Trap & Roll choke & headlock	Jiu-Jitsu: Trap & Roll choke & headlock
9.	Spar: Cover blocks, directional movement	Evade, Fade, Duck, and Dodge Off vs. Def
10.	Kempo: B (learn & apply on single partner)	Kempo: K (learn & apply on single partner)
11.	Jiu-Jitsu: Trap & Roll choke & headlock	Jiu-Jitsu: Trap & Roll choke & headlock
12.	Sparring: Cover & counter	Sparring: Cover & counter
13.	Kempo: A (learn & apply in varied gauntlets)	Kempo: J (learn & apply in varied gauntlets)
14.	Jiu-Jitsu: Trap & Roll punch & wrist pin	Jiu-Jitsu: Trap & Roll punch & wrist pin
15.	Sparring: Cover, counter, combos	Sparring: Cover, counter, combos
16.	Kempo: A (learn & apply in dragon circle)	Kempo: J (learn & apply in dragon circle)
17.	Jiu-Jitsu: Trap & Roll punch & wrist pin	Jiu-Jitsu: Trap & Roll punch & wrist pin
18.	Sparring: Fakes (bf-sk, swing punch-rnd kick)	Sparring: Fakes (bf-sk, swing punch-rnd kick)
19.	Kempo: B (learn & apply in varied gauntlets)	Kempo: K (learn & apply in varied gauntlets)
20.	Jiu-Jitsu: Slap out & get up & shoulder roll	Jiu-Jitsu: Slap out & get up & shoulder roll
21.	Sparring: Freestyle	Sparring: Freestyle
22.	Kempo: B (learn & apply in dragon circle)	Kempo: K (learn & apply in dragon circle)
23.	Jiu-Jitsu: Trap & Roll choke & headlock	Jiu-Jitsu: Trap & Roll choke & headlock
24.	Sparring: Evade using Kempo wheel angles	Sparring: Evade using Kempo wheel angles
25.	Kempo: A (learn & apply in sparring)	Kempo: J (learn & apply in sparring)
26.	Jiu-Jitsu: Trap & Roll punch & wrist pin	Jiu-Jitsu: Trap & Roll punch & wrist pin
27.	Sparring: Freestyle	Sparring: Freestyle
28.	Kempo: B (learn & apply in sparring)	Kempo: K (learn & apply in sparring)
29.	Review all Jiu-Jitsu	Review all Jiu-Jitsu
30.	Review all Kempos all semesters	Review all Kempos all semesters

Junior Martial Athlete Curriculum - Level 1 & 2 Class B - T2

Class #	Level 1	Level 2
1.	Kempo: C (learn & apply on pad)	Kempo: L (learn & apply on pad)
2.	Jiu-Jitsu: Mount control	Jiu-Jitsu: Mount control
3.	Sparring: Stance, guard, and movement	Sparring: Stance, guard, and movement
4.	Kempo: C (learn & apply on single partner)	Kempo: L (learn & apply on single partner)
5.	Jiu-Jitsu: Mount cntrl - mod mat - take back	Jiu-Jitsu: Mount cntrl - mod mat - take back
6.	Sparring: Jab-X-Kick combo in any order	Sparring: Jab-X-Kick combo in any order
7.	Kempo: D (learn & apply on pad)	Kempo: M (learn & apply on pad)
8.	Jiu-Jitsu: Headlock counters on ground	Jiu-Jitsu: Headlock counters on ground
9.	Spar: Cover blocks, directional movement	Evade, Fade, Duck, and Dodge Off vs. Def
10.	Kempo: D (learn & apply on single partner)	Kempo: M (learn & apply on single partner)
11.	Jiu-Jitsu: Headlock counters on ground	Jiu-Jitsu: Headlock counters on ground
12.	Sparring: Cover & counter	Sparring: Cover & counter
13.	Kempo: C (learn & apply in varied gauntlets)	Kempo: L (learn & apply in varied gauntlets)
14.	Jiu-Jitsu: Mount control	Jiu-Jitsu: Mount control
15.	Sparring: Cover, counter, combos	Sparring: Cover, counter, combos
16.	Kempo: C (learn & apply in dragon circle)	Kempo: L (learn & apply in dragon circle)
17.	Jiu-Jitsu: Mount cntrl - mod mat - take back	Jiu-Jitsu: Mount cntrl - mod mat - take back
18.	Sparring: Fakes (bf-sk, swing punch-rnd kick)	Sparring: Fakes (bf-sk, swing punch-rnd kick)
19.	Kempo: D (learn & apply in varied gauntlets)	Kempo: M (learn & apply in varied gauntlets)
20.	Jiu-Jitsu: Headlock counters on ground	Jiu-Jitsu: Headlock counters on ground
21.	Sparring: Freestyle	Sparring: Freestyle
22.	Kempo: D (learn & apply in dragon circle)	Kempo: M (learn & apply in dragon circle)
23.	Jiu-Jitsu: Headlock counters on ground	Jiu-Jitsu: Headlock counters on ground
24.	Sparring: Evade using Kempo wheel angles	Sparring: Evade using Kempo wheel angles
25.	Kempo: C (learn & apply in sparring)	Kempo: L (learn & apply in sparring)
26.	Jiu-Jitsu: Mount cntrl - mod mat - take back	Jiu-Jitsu: Mount cntrl - mod mat - take back
27.	Sparring: Freestyle	Sparring: Freestyle
28.	Kempo: D (learn & apply in sparring)	Kempo: M (learn & apply in sparring)
29.	Review all Jiu-Jitsu all semesters	Review all Jiu-Jitsu all semesters
30.	Review all Kempos all semesters	Review all Kempos all semesters

Junior Martial Athlete Curriculum - Level 1 & 2 Class B - T3

Class #	Level 1	Level 2
1.	Kempo: E (learn & apply on pad)	Kempo: N (learn & apply on pad)
2.	Jiu-Jitsu: Headlock escape standing	Jiu-Jitsu: Headlock escape standing
3.	Sparring: Stance, guard, and movement	Sparring: Stance, guard, and movement
4.	Kempo: E (learn & apply on single partner)	Kempo: N (learn & apply on single partner)
5.	Jiu-Jitsu: Headlock escape standing	Jiu-Jitsu: Headlock escape standing
6.	Sparring: Jab-X-Kick combo in any order	Sparring: Jab-X-Kick combo in any order
7.	Kempo: F (learn & apply on pad)	Kempo: O (learn & apply on pad)
8.	Jiu-Jitsu: Bearhug escape	Jiu-Jitsu: Bearhug escape
9.	Spar: Cover blocks, directional movement	Evade, Fade, Duck, and Dodge Off vs. Def
10.	Kempo: F (learn & apply on single partner)	Kempo: O (learn & apply on single partner)
11.	Jiu-Jitsu: Bearhug escape	Jiu-Jitsu: Bearhug escape
12.	Sparring: Cover & counter	Sparring: Cover & counter
13.	Kempo: E (learn & apply in varied gauntlets)	Kempo: N (learn & apply in varied gauntlets)
14.	Jiu-Jitsu: Headlock escape standing	Jiu-Jitsu: Headlock escape standing
15.	Sparring: Cover, counter, combos	Sparring: Cover, counter, combos
16.	Kempo: E (learn & apply in dragon circle)	Kempo: N (learn & apply in dragon circle)
17.	Jiu-Jitsu: Headlock escape standing	Jiu-Jitsu: Headlock escape standing
18.	Sparring: Fakes (bf-sk, swing punch-rnd kick)	Sparring: Fakes (bf-sk, swing punch-rnd kick)
19.	Kempo: F (learn & apply in varied gauntlets)	Kempo: O (learn & apply in varied gauntlets)
20.	Jiu-Jitsu: Bearhug escape	Jiu-Jitsu: Bearhug escape
21.	Sparring: Freestyle	Sparring: Freestyle
22.	Kempo: F (learn & apply in dragon circle)	Kempo: O (learn & apply in dragon circle)
23.	Jiu-Jitsu: Headlock escape standing	Jiu-Jitsu: Headlock escape standing
24.	Sparring: Evade using Kempo wheel angles	Sparring: Evade using Kempo wheel angles
25.	Kempo: E (learn & apply in sparring)	Kempo: N (learn & apply in sparring)
26.	Jiu-Jitsu: Bearhug escape	Jiu-Jitsu: Bearhug escape
27.	Sparring: Freestyle	Sparring: Freestyle
28.	Kempo: F (learn & apply in sparring)	Kempo: O (learn & apply in sparring)
29.	Review all Jiu-Jitsu all semesters	Review all Jiu-Jitsu all semesters
30.	Review all Kempos all semesters	Review all Kempos all semesters

Junior Martial Athlete Curriculum - Level 1 & 2 Class B - T4

Class #	Level 1	Level 2
1.	Kempo: G (learn & apply on pad)	Kempo: P (learn & apply on pad)
2.	Jiu-Jitsu: Clinch & Fold	Jiu-Jitsu: Clinch & Fold
3.	Sparring: Stance, guard, and movement	Sparring: Stance, guard, and movement
4.	Kempo: G (learn & apply on single partner)	Kempo: P (learn & apply on single partner)
5.	Jiu-Jitsu: Clinch & Fold	Jiu-Jitsu: Clinch & Fold
6.	Sparring: Jab-X-Kick combo in any order	Sparring: Jab-X-Kick combo in any order
7.	Kempo: H (learn & apply on pad)	Kempo: Q (learn & apply on pad)
8.	Jiu-Jitsu: Double leg & single leg takedown	Jiu-Jitsu: Double leg & single leg takedown
9.	Spar: Cover blocks, directional movement	Evade, Fade, Duck, and Dodge Off vs. Def
10.	Kempo: H (learn & apply on single partner)	Kempo: Q (learn & apply on single partner)
11.	Jiu-Jitsu: Double leg & single leg takedown	Jiu-Jitsu: Double leg & single leg takedown
12.	Sparring: Cover & counter	Sparring: Cover & counter
13.	Kempo: G (learn & apply in varied gauntlets)	Kempo: P (learn & apply in varied gauntlets)
14.	Jiu-Jitsu: Clinch & Fold w/ hook	Jiu-Jitsu: Clinch & Fold w/ hook
15.	Sparring: Cover, counter, combos	Sparring: Cover, counter, combos
16.	Kempo: G (learn & apply in dragon circle)	Kempo: P (learn & apply in dragon circle)
17.	Jiu-Jitsu: Clinch & Fold w/ hook	Jiu-Jitsu: Clinch & Fold w/ hook
18.	Sparring: Fakes (bf-sk, swing punch-rnd kick)	Sparring: Fakes (bf-sk, swing punch-rnd kick)
19.	Kempo: H (learn & apply in varied gauntlets)	Kempo: Q (learn & apply in varied gauntlets)
20.	Jiu-Jitsu: Double leg fail to single leg	Jiu-Jitsu: Double leg fail to single leg
21.	Sparring: Freestyle	Sparring: Freestyle
22.	Kempo: H (learn & apply in dragon circle)	Kempo: Q (learn & apply in dragon circle)
23.	Jiu-Jitsu: Double leg fail to single leg	Jiu-Jitsu: Double leg fail to single leg
24.	Sparring: Evade using Kempo wheel angles	Sparring: Evade using Kempo wheel angles
25.	Kempo: G (learn & apply in sparring)	Kempo: P (learn & apply in sparring)
26.	Jiu-Jitsu: All	Jiu-Jitsu: All
27.	Sparring: Freestyle	Sparring: Freestyle
28.	Kempo: H (learn & apply in sparring)	Kempo: Q (learn & apply in sparring)
29.	Review all Jiu-Jitsu all semesters	Review all Jiu-Jitsu all semesters
30.	Review all Kempos all semesters	Review all Kempos all semesters

Junior Martial Athlete Curriculum - Level 1 & 2 Class B - T5

Class #	Level 1	Level 2
1.	Kempo: I (learn & apply on pad)	Kempo: R (learn & apply on pad)
2.	Jiu-Jitsu: Standing Armbar push/grab defense	Jiu-Jitsu: Standing Armbar push/grab defense
3.	Sparring: Stance, guard, and movement	Sparring: Stance, guard, and movement
4.	Kempo: I (learn & apply on single partner)	Kempo: R (learn & apply on single partner)
5.	Jiu-Jitsu: Standing Armbar push/grab defense	Jiu-Jitsu: Standing Armbar push/grab defense
6.	Sparring: Jab-X-Kick combo in any order	Sparring: Jab-X-Kick combo in any order
7.	Kempo: A (learn & apply on pad)	Kempo: S (learn & apply on pad)
8.	Jiu-Jitsu: Sprawl take-down defense	Jiu-Jitsu: Sprawl take-down defense
9.	Spar: Cover blocks, directional movement	Evade, Fade, Duck, and Dodge Off vs. Def
10.	Kempo: A (learn & apply on single partner)	Kempo: S (learn & apply on single partner)
11.	Jiu-Jitsu: Sprawl take-down defense	Jiu-Jitsu: Sprawl take-down defense
12.	Sparring: Cover & counter	Sparring: Cover & counter
13.	Kempo: I (learn & apply in varied gauntlets)	Kempo: R (learn & apply in varied gauntlets)
14.	Jiu-Jitsu: Standing Armbar push/grab defense	Jiu-Jitsu: Standing Armbar push/grab defense
15.	Sparring: Cover, counter, combos	Sparring: Cover, counter, combos
16.	Kempo: I (learn & apply in dragon circle)	Kempo: R (learn & apply in dragon circle)
17.	Jiu-Jitsu: Standing Armbar push/grab defense	Jiu-Jitsu: Standing Armbar push/grab defense
18.	Sparring: Fakes (bf-sk, swing punch-rnd kick)	Sparring: Fakes (bf-sk, swing punch-rnd kick)
19.	Kempo: A (learn & apply in varied gauntlets)	Kempo: S (learn & apply in varied gauntlets)
20.	Jiu-Jitsu: Sprawl take-down defense	Jiu-Jitsu: Sprawl take-down defense
21.	Sparring: Freestyle	Sparring: Freestyle
22.	Kempo: A (learn & apply in dragon circle)	Kempo: S (learn & apply in dragon circle)
23.	Jiu-Jitsu: Sprawl take-down defense	Jiu-Jitsu: Sprawl take-down defense
24.	Sparring: Evade using Kempo wheel angles	Sparring: Evade using Kempo wheel angles
25.	Kempo: I (learn & apply in sparring)	Kempo: R (learn & apply in sparring)
26.	Jiu-Jitsu: All	Jiu-Jitsu: All
27.	Sparring: Freestyle	Sparring: Freestyle
28.	Kempo: A (learn & apply in sparring)	Kempo: S (learn & apply in sparring)
29.	Review all Jiu-Jitsu all semesters	Review all Jiu-Jitsu all semesters
30.	Review all Kempos all semesters	Review all Kempos all semesters

Junior Martial Athlete Curriculum - Level 1 & 2 Class B - T6

Class #	Level 1	Level 2
1.	Kempo: B (learn & apply on pad)	Kempo: T (learn & apply on pad)
2.	Jiu-Jitsu: Armbar from mount	Jiu-Jitsu: Armbar from mount
3.	Sparring: Stance, guard, and movement	Sparring: Stance, guard, and movement
4.	Kempo: B (learn & apply on single partner)	Kempo: T (learn & apply on single partner)
5.	Jiu-Jitsu: Armbar from mount	Jiu-Jitsu: Armbar from mount
6.	Sparring: Jab-X-Kick combo in any order	Sparring: Jab-X-Kick combo in any order
7.	Kempo: C (learn & apply on pad)	Kempo: U (learn & apply on pad)
8.	Jiu-Jitsu: Armbar from guard	Jiu-Jitsu: Armbar from guard
9.	Spar: Cover blocks, directional movement	Evade, Fade, Duck, and Dodge Off vs. Def
10.	Kempo: C (learn & apply on single partner)	Kempo: U (learn & apply on single partner)
11.	Jiu-Jitsu: Armbar from guard	Jiu-Jitsu: Armbar from guard
12.	Sparring: Cover & counter	Sparring: Cover & counter
13.	Kempo: B (learn & apply in varied gauntlets)	Kempo: T (learn & apply in varied gauntlets)
14.	Jiu-Jitsu: Armbar from mount	Jiu-Jitsu: Armbar from mount
15.	Sparring: Cover, counter, combos	Sparring: Cover, counter, combos
16.	Kempo: B (learn & apply in dragon circle)	Kempo: T (learn & apply in dragon circle)
17.	Jiu-Jitsu: Armbar from mount	Jiu-Jitsu: Armbar from mount
18.	Sparring: Fakes (bf-sk, swing punch-rnd kick)	Sparring: Fakes (bf-sk, swing punch-rnd kick)
19.	Kempo: C (learn & apply in varied gauntlets)	Kempo: U (learn & apply in varied gauntlets)
20.	Jiu-Jitsu: Armbar from guard	Jiu-Jitsu: Armbar from guard
21.	Sparring: Freestyle	Sparring: Freestyle
22.	Kempo: C (learn & apply in dragon circle)	Kempo: U (learn & apply in dragon circle)
23.	Jiu-Jitsu: Armbar from guard	Jiu-Jitsu: Armbar from guard
24.	Sparring: Evade using Kempo wheel angles	Sparring: Evade using Kempo wheel angles
25.	Kempo: B (learn & apply in sparring)	Kempo: T (learn & apply in sparring)
26.	Jiu-Jitsu: All	Jiu-Jitsu: All
27.	Sparring: Freestyle	Sparring: Freestyle
28.	Kempo: C (learn & apply in sparring)	Kempo: U (learn & apply in sparring)
29.	Review all Jiu-Jitsu all semesters	Review all Jiu-Jitsu all semesters
30.	Review all Kempos all semesters	Review all Kempos all semesters

Junior Martial Athlete Curriculum - Level 1 & 2 Class B - T7

Class #	Level 1	Level 2
1.	Kempo: D (learn & apply on pad)	Kempo: V (learn & apply on pad)
2.	Jiu-Jitsu: Punch-block series 1 & 2	Jiu-Jitsu: Punch-block series 1 & 2
3.	Sparring: Stance, guard, and movement	Sparring: Stance, guard, and movement
4.	Kempo: D (learn & apply on single partner)	Kempo: V (learn & apply on single partner)
5.	Jiu-Jitsu: Punch-block series 1 & 2	Jiu-Jitsu: Punch-block series 1 & 2
6.	Sparring: Jab-X-Kick combo in any order	Sparring: Jab-X-Kick combo in any order
7.	Kempo: E (learn & apply on pad)	Kempo: W (learn & apply on pad)
8.	Jiu-Jitsu: Punch-block series 3-5	Jiu-Jitsu: Punch-block series 3-5
9.	Spar: Cover blocks, directional movement	Evade, Fade, Duck, and Dodge Off vs. Def
10.	Kempo: E (learn & apply on single partner)	Kempo: W (learn & apply on single partner)
11.	Jiu-Jitsu: Punch-block series 3-5	Jiu-Jitsu: Punch-block series 3-5
12.	Sparring: Cover & counter	Sparring: Cover & counter
13.	Kempo: D (learn & apply in varied gauntlets)	Kempo: V (learn & apply in varied gauntlets)
14.	Jiu-Jitsu: Punch-block series 1 & 2	Jiu-Jitsu: Punch-block series 1 & 2
15.	Sparring: Cover, counter, combos	Sparring: Cover, counter, combos
16.	Kempo: D (learn & apply in dragon circle)	Kempo: V (learn & apply in dragon circle)
17.	Jiu-Jitsu: Punch-block series 1 & 2	Jiu-Jitsu: Punch-block series 1 & 2
18.	Sparring: Fakes (bf-sk, swing punch-rnd kick)	Sparring: Fakes (bf-sk, swing punch-rnd kick)
19.	Kempo: E (learn & apply in varied gauntlets)	Kempo: W (learn & apply in varied gauntlets)
20.	Jiu-Jitsu: Punch-block series 3-5	Jiu-Jitsu: Punch-block series 3-5
21.	Sparring: Freestyle	Sparring: Freestyle
22.	Kempo: E (learn & apply in dragon circle)	Kempo: W (learn & apply in dragon circle)
23.	Jiu-Jitsu: Punch-block series 3-5	Jiu-Jitsu: Punch-block series 3-5
24.	Sparring: Evade using Kempo wheel angles	Sparring: Evade using Kempo wheel angles
25.	Kempo: D (learn & apply in sparring)	Kempo: V (learn & apply in sparring)
26.	Jiu-Jitsu: All	Jiu-Jitsu: All
27.	Sparring: Freestyle	Sparring: Freestyle
28.	Kempo: E (learn & apply in sparring)	Kempo: W (learn & apply in sparring)
29.	Review all Jiu-Jitsu all semesters	Review all Jiu-Jitsu all semesters
30.	Review all Kempos all semesters	Review all Kempos all semesters

Junior Martial Athlete Curriculum - Level 1 & 2 Class B - T8

Class #	Level 1	Level 2
1.	Kempo: F (learn & apply on pad)	Kempo: X (learn & apply on pad)
2.	Jiu-Jitsu: Elbow escape	Jiu-Jitsu: Elbow escape
3.	Sparring: Stance, guard, and movement	Sparring: Stance, guard, and movement
4.	Kempo: F (learn & apply on single partner)	Kempo: X (learn & apply on single partner)
5.	Jiu-Jitsu: Elbow escape	Jiu-Jitsu: Elbow escape
6.	Sparring: Jab-X-Kick combo in any order	Sparring: Jab-X-Kick combo in any order
7.	Kempo: G (learn & apply on pad)	Kempo: Y (learn & apply on pad)
8.	Jiu-Jitsu: Elevator sweep	Jiu-Jitsu: Elevator sweep
9.	Spar: Cover blocks, directional movement	Evade, Fade, Duck, and Dodge Off vs. Def
10.	Kempo: G (learn & apply on single partner)	Kempo: Y (learn & apply on single partner)
11.	Jiu-Jitsu: Elevator sweep	Jiu-Jitsu: Elevator sweep
12.	Sparring: Cover & counter	Sparring: Cover & counter
13.	Kempo: F (learn & apply in varied gauntlets)	Kempo: X (learn & apply in varied gauntlets)
14.	Jiu-Jitsu: Elbow escape	Jiu-Jitsu: Elbow escape
15.	Sparring: Cover, counter, combos	Sparring: Cover, counter, combos
16.	Kempo: F (learn & apply in dragon circle)	Kempo: X (learn & apply in dragon circle)
17.	Jiu-Jitsu: Elbow escape	Jiu-Jitsu: Elbow escape
18.	Sparring: Fakes (bf-sk, swing punch-rnd kick)	Sparring: Fakes (bf-sk, swing punch-rnd kick)
19.	Kempo: G (learn & apply in varied gauntlets)	Kempo: Y (learn & apply in varied gauntlets)
20.	Jiu-Jitsu: Elevator sweep	Jiu-Jitsu: Elevator sweep
21.	Sparring: Freestyle	Sparring: Freestyle
22.	Kempo: G (learn & apply in dragon circle)	Kempo: Y (learn & apply in dragon circle)
23.	Jiu-Jitsu: Elevator sweep	Jiu-Jitsu: Elevator sweep
24.	Sparring: Evade using Kempo wheel angles	Sparring: Evade using Kempo wheel angles
25.	Kempo: F (learn & apply in sparring)	Kempo: X (learn & apply in sparring)
26.	Jiu-Jitsu: All	Jiu-Jitsu: All
27.	Sparring: Freestyle	Sparring: Freestyle
28.	Kempo: G (learn & apply in sparring)	Kempo: Y (learn & apply in sparring)
29.	Review all Jiu-Jitsu all semesters	Review all Jiu-Jitsu all semesters
30.	Review all Kempos all semesters	Review all Kempos all semesters

Junior Martial Athlete Curriculum - Level 1 & 2 Class B - T9

Class #	Level 1	Level 2
1.	Kempo: H (learn & apply on pad)	Kempo: Z (learn & apply on pad)
2.	Jiu-Jitsu: Double ankle sweep & leg hook	Jiu-Jitsu: Double ankle sweep & leg hook
3.	Sparring: Stance, guard, and movement	Sparring: Stance, guard, and movement
4.	Kempo: H (learn & apply on single partner)	Kempo: Z (learn & apply on single partner)
5.	Jiu-Jitsu: Double ankle sweep & leg hook	Jiu-Jitsu: Double ankle sweep & leg hook
6.	Sparring: Jab-X-Kick combo in any order	Sparring: Jab-X-Kick combo in any order
7.	Kempo: I (learn & apply on pad)	Kempo: J (learn & apply on pad)
8.	Jiu-Jitsu: Americana, Kimura, Triangle, Rear	Jiu-Jitsu: Americana, Kimura, Triangle, Rear
9.	Spar: Cover blocks, directional movement	Evade, Fade, Duck, and Dodge Off vs. Def
10.	Kempo: I (learn & apply on single partner)	Kempo: J (learn & apply on single partner)
11.	Jiu-Jitsu: Americana, Kimura, Triangle, Rear	Jiu-Jitsu: Americana, Kimura, Triangle, Rear
12.	Sparring: Cover & counter	Sparring: Cover & counter
13.	Kempo: H (learn & apply in varied gauntlets)	Kempo: Z (learn & apply in varied gauntlets)
14.	Jiu-Jitsu: Double ankle sweep & leg hook	Jiu-Jitsu: Double ankle sweep & leg hook
15.	Sparring: Cover, counter, combos	Sparring: Cover, counter, combos
16.	Kempo: H (learn & apply in dragon circle)	Kempo: Z (learn & apply in dragon circle)
17.	Jiu-Jitsu: Double ankle sweep & leg hook	Jiu-Jitsu: Double ankle sweep & leg hook
18.	Sparring: Fakes (bf-sk, swing punch-rnd kick)	Sparring: Fakes (bf-sk, swing punch-rnd kick)
19.	Kempo: I (learn & apply in varied gauntlets)	Kempo: J (learn & apply in varied gauntlets)
20.	Jiu-Jitsu: Americana, Kimura, Triangle, Rear	Jiu-Jitsu: Americana, Kimura, Triangle, Rear
21.	Sparring: Freestyle	Sparring: Freestyle
22.	Kempo: I (learn & apply in dragon circle)	Kempo: J (learn & apply in dragon circle)
23.	Jiu-Jitsu: Americana, Kimura, Triangle, Rear	Jiu-Jitsu: Americana, Kimura, Triangle, Rear
24.	Sparring: Evade using Kempo wheel angles	Sparring: Evade using Kempo wheel angles
25.	Kempo: H (learn & apply in sparring)	Kempo: Z (learn & apply in sparring)
26.	Jiu-Jitsu: All	Jiu-Jitsu: All
27.	Sparring: Freestyle	Sparring: Freestyle
28.	Kempo: I (learn & apply in sparring)	Kempo: J (learn & apply in sparring)
29.	Review all Jiu-Jitsu all semesters	Review all Jiu-Jitsu all semesters
30.	Review all Kempos all semesters	Review all Kempos all semesters

Each trimester:

Class A

Round 1 (class 1 - 15) = Teach technique & repeat (APPs - air, pads, partners)

Round 2 (class 15 - 28) = Variance: Train practicality & workout

Class B

Round 1 (class 1 - 14) = Teach technique & repeat

Round 2 (class 15 - 30) = Variance: New Techniques to be taught so after a year they will have 6 new Kempos and 6 new 3JJ techniques

Progression:

After completing 15 classes 1st stripe awarded

After completing 30 classes 2nd stripe awarded

After 2nd stripe awarded then character stripe eligible

Belt testing every 4 months (March, July, November)