



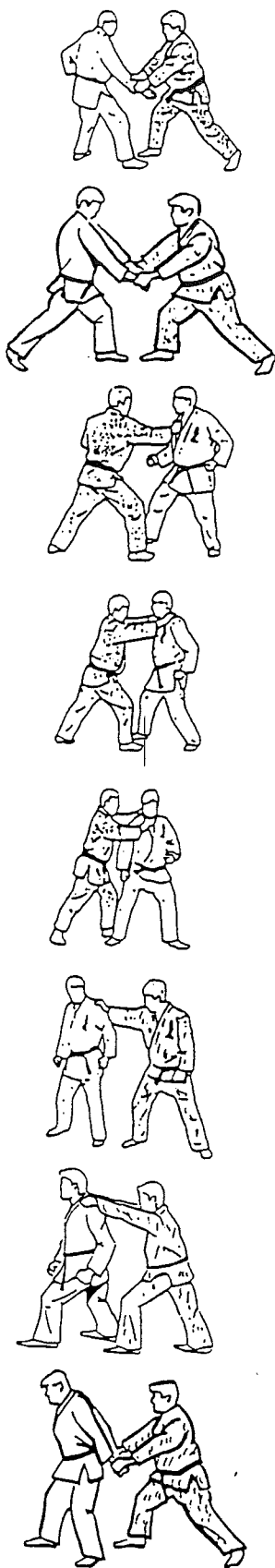
A.K.J.U TEAM AMERICA KARATE & JU-JITSU

"America's #1 Fighting System"

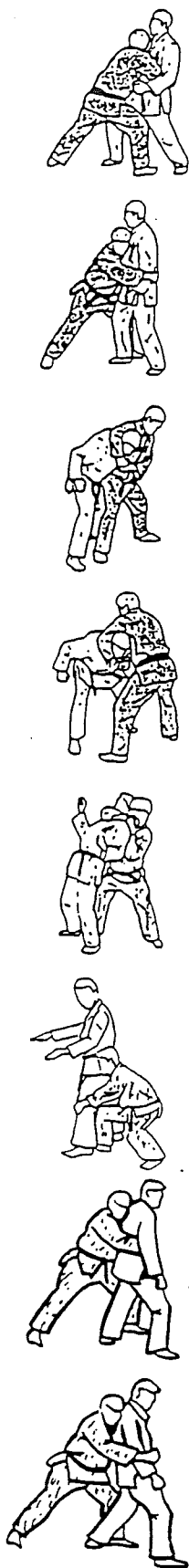
DUO KATA COMPETITION CATEGORIES



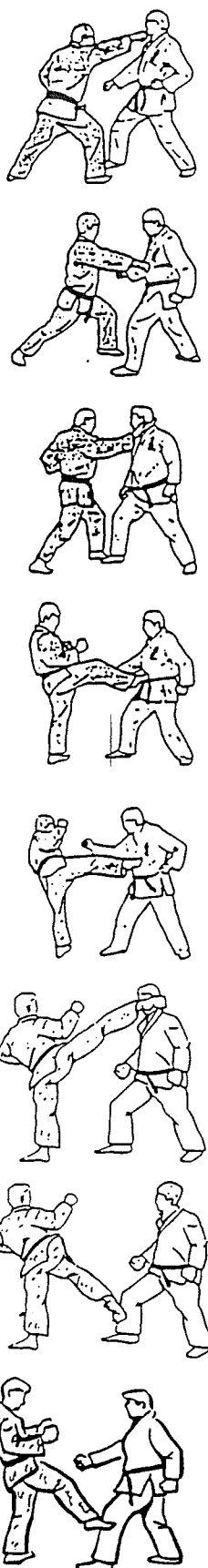
SERIES 1: Holds



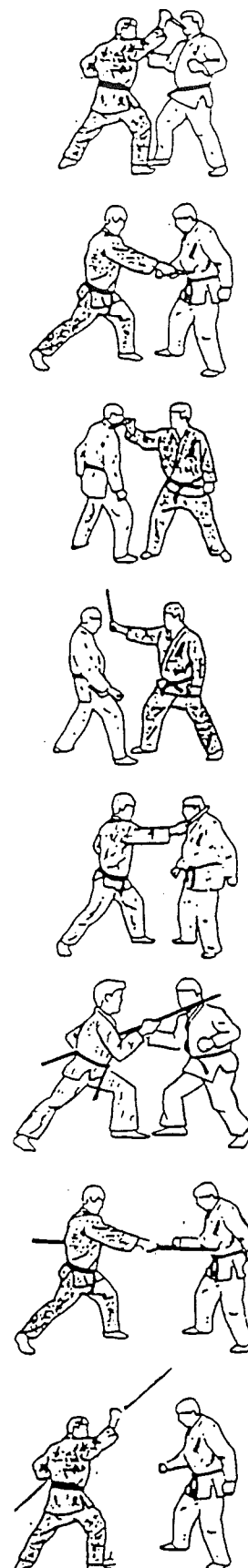
SERIES 2: Embraces



SERIES 3: Punch/Kick



SERIES 4: Weapons



MOVEMENTS OUT OF EACH SERIES DONE IN A NON-STOP REALISTIC MANNER.