

# Shaolin Kempo

## *Blue Belt*



### **Handstrikes (30)**

- Back Hand to the temple
- Trigger Finger to the temple
- Inverted Leopard Technique to the throat

### **Kicks (13)**

- Hook kick to the head
- Spinning Reverse Crescent kick to head

### **Blocks**

- Iron Palm

### **Self Defense**

- 4th Overhead Club
- 4th Sidearm Club
- 4th Front Choke
- 4th Back Choke
- 4th One-Hand Wrist Grab
- 4th Two-Hand Wrist Grab
- 4th Gi Grab
- 4th Front Knife
- 2nd Back Knife

### **Stances**

- None new at this rank

### **Combinations**

- Advanced Combination 3
- Advanced Combination 4

### **Kempos**

- 16th Kempo
- 17th Kempo (All Hands Kempo)
- 18th Kempo (All Elbows Kempo)
- 19th Kempo
- 20th Kempo

### **Forms**

- One Kata
- Staff Form

### **Miscellaneous**

- Leopard Technique