

# Shaolin Kempo

## *First Degree Brown Belt*



### **Handstrikes (34)**

- None new at this rank

### **Kicks (16)**

- None new at this rank

### **Blocks**

- None new at this rank

### **Self Defense**

- None new at this rank

### **Stances**

- None new at this rank

### **Combinations**

- Combination 1

### **Kempos**

- 35th Kempo
- 36th Kempo

### **Forms**

- Five Kata

### **Miscellaneous**

- None new at this rank