

Shaolin Kempo

Green Belt



Handstrikes (32)

- None new at this rank

Kicks (15)

- Scissors kick to the solar plexus

Blocks

- Crane's Beak
- Pushing

Self Defense

- 6th Overhead Club
- 6th Sidearm Club
- 6th Back Choke
- 6th Front Choke
- 6th Two-Hand Wrist Grab
- 1st Bear Hug

Stances

- BOW (Extended T stance)

Combinations

- Combination 14
- Combination 15
- Combination 16

Kempos

- 26th Kempo (All Feet Kempo)
- 27th Kempo
- 28th Kempo
- 29th Kempo

Forms

- Numchaku
- Stature of the Crane
- Three Pinion

Miscellaneous

- ◇ Crane Technique