

# Shaolin Kempo

## Orange Belt



### Handstrikes (24)

- Back Fist to the temple
- Twin Dragon Tails to the eyes
- Open Tiger's Mouth to the throat
- Inverted Shuto to the groin

### Kicks (8)

- Reverse Crescent kick to the head
- Side Thrust kick to the ribs
- Stepping Stool kick to the chin

### Blocks

- None new at this rank

### Self Defense

- 3rd One-Hand Wrist Grab
- 3rd Two-Hand Wrist Grab
- 2nd Back Choke
- 2nd Gi Grab
- 2nd Front Knife
- 2nd Sidearm Club
- 1st Headlock

### Stances

- Lunge stance
- Chinese Twist stance

### Combinations

- Combination 2
- Combination 5

### Kempos

- 7th Kempo
- 8th Kempo
- 9th Kempo
- 10th Kempo

### Forms

- None new at this rank

### Miscellaneous

- None new at this rank