

# Shaolin Kempo

## *Purple Belt*



### **Handstrikes (27)**

- Chicken Wrist to the temple
- Ridge Hand to the temple
- Iron Palm to the bridge of the nose

### **Kicks (11)**

- Crescent kick to the head
- Round House Instep to the head
- Round House Ball to the head

### **Blocks**

- Parry
- Buddha
- Rising Chicken Wrist

### **Self Defense**

- 3rd Overhead Club
- 3rd Front Choke
- 3rd Sidearm Club
- 3rd Front Knife (Chinese Swallow)
- 3rd Back Choke
- 3rd Gi Grab

### **Stances**

- Cat

### **Combinations**

- Advanced Combination 5
- Intermediate Combination 3
- Combination 4
- Combination 18

### **Kempos**

- 11th Kempo
- 12th Kempo
- 13th Kempo
- 14th Kempo (Buddha Kempo)
- 15th Kempo

### **Forms**

- Two Pinion

### **Miscellaneous**

- Cup and Saucer
- Hands On Guard
- Beach Technique