

Shaolin Kempo

Third Degree Brown Belt



Handstrikes (34)

- None new at this rank

Kicks (16)

- None new at this rank

Blocks

- 10 Point Blocking System
- Supported Ridge Hand
- Yin-Yang or Grandfather

Self Defense

- 6th Gi Grab
- 6th One Hand Wrist Grab
- 7th Back Choke (Dancer technique)
- 1st Gun Technique

Stances

- Brown Belt Fighting stance

Combinations

- Combination 13
- Combination 19

Kempos

- 32nd Kempo
- 33rd Kempo (Advanced Buddha)

Forms

- Four Kata

Miscellaneous

- None new at this rank