

Shaolin Kempo

White Belt

Handstrikes (11)

- Hammer strike Top of the head
- Two-Finger Poke to the eyes
- Front Two-Knuckle Punch to the face
- Back Two-Knuckle Punch to the face
- Palm Heel strike to the face
- Tiger's Claw to the face
- Spear Hand Poke to the throat
- Leopard's Paw Poke to the throat
- Shuto to the collar bone
- Thrust Punch to the solar plexus
- Leopard's Paw to the solar plexus

Kicks (4)

- Front Instep kick to the groin
- Front Ball kick to the solar plexus
- Front Thrust kick to the solar plexus
- Side Blade kick to the ribs

Blocks

- Knife hand
- Open Hand
- Eight Point blocking system

Self Defense

- 1st Back Choke
- 1st Front Choke
- 1st One-Hand Wrist Grab
- 1st Two-Hand Wrist Grab
- 1st Overhead Club
- 1st Sidearm Club
- 1st Gi Grab
- 1st Front Knife
- Defense against Mounted Position
- Defense against Arm Around Neck

Stances

- Front Position
- Horse Stance
- Flamingo/Crane Stance
- Half-Moon stance
- T-stance
- Fighting stance

Combinations

- Combination 6
- Combination 7

Kempos

- 1st Kempo
- 2nd Kempo
- 3rd Kempo

Miscellaneous

- Tie Belt
- Stand up in base
- Half Moon
- Name the 5 animals
- Half Moon w/ Punches
- Sequence of Hand strikes