

Shaolin Kempo

Yellow Belt

Handstrikes (20)

- Immortal Man to the eyes
- Chicken Wrist to the chin
- Cross Hand Shuto to the throat
- Driving Shuto to the collar bone
- Spearhand Poke to the solar plexus
- Hammer strike to the ribs
- Palm Heel strike to the ribs
- Reverse Hammer strike to the groin
- Tiger's Claw strike to the groin

Kicks (5)

- Back kick to the solar plexus

Blocks

- Eight - Point blocking system w/strikes
- Leg blocks

Self Defense

- 2nd Overhead Club
- 2nd One-Hand Wrist Grab
- 2nd Two-Hand Wrist Grab
- 2nd Front Choke
- 1st Back Knife

Stances

- None new at this rank

Combinations

- Combination 3

Kempos

- 4th Kempo
- 5th Kempo
- 6th Kempo

Forms

- One Pinion

Miscellaneous

- Elbow strikes
- Knee strikes
- Basic Ground - Fighting Positions
- Armlock from Mounted Position