

Shaolin Kempo

Blue w/ Green Stripe Belt



Handstrikes (32)

- Crane's Beak to the temple
- Reverse Trigger Finger to the temple

Kicks (14)

- Spinning Back kick to the solar plexus

Blocks

- None new at this rank

Self Defense

- 5th Overhead Club
- 5th Sidearm Club
- 5th Front Choke
- 5th Back Choke
- 5th One-Hand Wrist Grab
- 5th Two-Hand Wrist Grab (Chinese flower)
- 5th Gi Grab
- 5th Front Knife

Stances

- None new at this rank

Combinations

- Combination 8
- Combination 9
- Combination 12

Forms

- Two Kata

Miscellaneous

- Snake Technique