

Shaolin Kempo

First Degree Brown Belt



Handstrikes (34)

- None new at this rank

Stances

- None new at this rank

Kicks (16)

- None new at this rank

Combinations

- Combination 1

Blocks

- None new at this rank

Forms

- Five Kata

Self Defense

- None new at this rank

Miscellaneous

- None new at this rank