

Shaolin Kempo

Orange Belt



Handstrikes (24)

- Back Fist to the temple
- Twin Dragon Tails to the eyes
- Open Tiger's Mouth to the throat
- Inverted Shuto to the groin

Kicks (8)

- Reverse Crescent kick to the head
- Side Thrust kick to the ribs
- Stepping Stool kick to the chin

Blocks

- None new at this rank

Self Defense

- 3rd One-Hand Wrist Grab
- 3rd Two-Hand Wrist Grab
- 2nd Back Choke
- 2nd Gi Grab
- 2nd Front Knife
- 2nd Sidearm Club
- 1st Headlock

Stances

- Lunge stance
- Chinese Twist stance

Combinations

- Combination 2
- Combination 5

Forms

- None new at this rank

Miscellaneous

- None new at this rank