

Shaolin Kempo

Purple Belt



Handstrikes (27)

- Chicken Wrist to the temple
- Ridge Hand to the temple
- Iron Palm to the bridge of the nose

Kicks (11)

- Crescent kick to the head
- Round House Instep to the head
- Round House Ball to the head

Blocks

- Parry
- Buddha
- Rising Chicken Wrist

Self Defense

- 3rd Overhead Club
- 3rd Front Choke
- 3rd Sidearm Club
- 3rd Front Knife (Chinese Swallow)
- 3rd Back Choke
- 3rd Gi Grab

Stances

- Cat

Combinations

- Advanced Combination 5
- Intermediate Combination 3
- Combination 4
- Combination 18

Forms

- Two Pinion

Miscellaneous

- Cup and Saucer
- Hands On Guard
- Beach Technique