

"SHODAN"

1ST DEGREE BLACK BELT REQUIREMENTS

Rank Videos password: _____

Shaolin Combinations	# 1 - 21
Kempo Techniques	White, Yellow, Orange, Purple, Blue, Green, and Brown Belt Kempo
Club Techniques	Side # 1, 2, 3, 4 Overhead # 1, 2, 3, 4
Knife Techniques	Stabbing # 1, 2, 3 Inside Slashing, Outside Slashing
Kick Defense Techniques	Deflecting Hammer, Intellectual Departure
Grab Defense Techniques	Single Wrist Grab, Jacket Grab, Front Choke, Rear Choke, Bear Hug, Single Jacket Grab, Upright Head Lock, Big Brother Head Lock, Hammer Lock
Kata (Forms)	Pinan 1-5, Kata 1-5, Kata 6 , Two Man Fist Set: North & South, Stature of the Crane, 10-Point Blocking System
Kata Skills	<i>Level 1:</i> Stances, Proper Range of Motion, Targeting, Clean Chambers, Posture <i>Level 2:</i> Transitions, Timing, Sentencing <i>Level 3:</i> Power, Proper Speed, Intensity, Style, Intention
Other Skills	Be proficient with all Techniques against a right- or left-sided attacker: Combinations, Kempos, Clubs, Knives, Kicks, and Grabs
Character Traits	Humility Embody the 5 Values