

# BLUE BELT REQUIREMENTS

Rank Videos password: \_\_\_\_\_

*Kids 1<sup>st</sup> Stripe:*

<b>Strikes</b>	Tiger's Claw, Tiger's Rake, Iron Palm, Downward Shuto
<b>Kicks</b>	Roundhouse Ball, Roundhouse Instep, Cross Behind Side Thrust, Spinning Back Kick
<b>Blocks</b>	8-Point Knife-Hand Blocks with Counterstrikes, Wing Block

*Kids 2<sup>nd</sup> Stripe:*

<b>Shaolin Combinations</b>	# 6, 7, 3, 2, 5, 18, <b>4, 8, 9, 12</b>
<b>Kempo Techniques</b>	White, Yellow, Orange, and <b>Purple Belt Kempo</b>
<b>Club Techniques</b>	<b>Side # 1</b> <b>Overhead # 1</b>
<b>Kick Defense Techniques</b>	<b>Deflecting Hammer</b>
<b>Grab Defense Techniques</b>	<b>Single Wrist Grab</b>

*Kids 3<sup>rd</sup> Stripe:*

<b>Stances</b>	Twist Stance
<b>Kata (Forms)</b>	Pinan 1, Pinan 2, Kata 1, <b>Pinan 3</b>
<b>Kata Skills</b>	<i>Level 1:</i> Stances, Proper Range of Motion, Targeting, Clean Chambers, Posture <b><i>Level 2:</i> Transitions, Timing, Sentencing</b>
<b>Other Skills</b>	Slapping Out