

GREEN WITH BROWN STRIPE REQUIREMENTS

Kids 1st Stripe:

Strikes	Two Finger Poke, Crane's Beak, Eagle's Talon
Kicks	Inward Axe, Outward Axe, Stepping Stool
Blocks	Monkey Paw, Dragon Trap

Kids 2nd Stripe:

Shaolin Combinations	# 6, 7, 3, 2, 5, 18, 4, 8, 9, 12, 10, 15, 11, 14, 16, 17
Kempo Techniques	White, Yellow, Orange, Purple, Blue, and Green Belt Kempo
Club Techniques	Side # 1, 2, 3 Overhead # 1, 2
Knife Techniques	Stabbing # 1
Kick Defense Techniques	Deflecting Hammer, Intellectual Departure
Grab Defense Techniques	Single Wrist Grab, Jacket Grab, Front Choke, Rear Choke, Bear Hug

Kids 3rd Stripe:

Stances	Crane Stance
Kata (Forms)	Pinan 1, Pinan 2, Kata 1, Pinan 3, Kata 2, Two Man Fist Set: North & South, Pinan 4, 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 Level 3: Power, Proper Speed, Intensity, Style, Intention
Other Skills	Have experience with all Techniques against a left-sided attacker (<i>doing them "left-handed"</i>)