

# "SANKYU"

## LOW BROWN BELT

### REQUIREMENTS

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

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

<b>Strikes</b>	Uppercut, Rising Sun Punch, Poison Thumb, Phoenix Fist
<b>Kicks</b>	Spinning Hook
<b>Skills</b>	Shoulder Roll (both sides)

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

<b>Shaolin Combinations</b>	# 6, 7, 3, 2, 5, 18, 4, 8, 9, 12, 10, 15, 11, 14, 16, 17, 13
<b>Kempo Techniques</b>	White, Yellow, Orange, Purple, Blue, and Green Belt Kempo
<b>Club Techniques</b>	Side # 1, 2, 3 Overhead # 1, 2, 3
<b>Knife Techniques</b>	Stabbing # 1, 2
<b>Kick Defense Techniques</b>	Deflecting Hammer, Intellectual Departure
<b>Grab Defense Techniques</b>	Single Wrist Grab, Jacket Grab, Front Choke, Rear Choke, Bear Hug, <b>Single Jacket Grab</b>

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

<b>Kata (Forms)</b>	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, <b>Pinan 5, Kata 3</b>
<b>Kata Skills</b>	<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
<b>Other Skills</b>	Be proficient at 3-Hit Combos in Sparring