



## CHILDREN BELT REQUIRMENTS

### PROGRESSION



STANCES	BLOCKS
Front position Horse stance Right Foot Out and Elbows (salute) Half moon stance and movement Crane stance	Knife Dragon Palm 8 Point Blocking System
KICKS	STRIKES
Instep Front ball Crescent Reverse Crescent Shuffle side thrust	Front Two Knuckle Punch Hammer Fist Palm Heel Back Fist Thrust Punch
COMBINATIONS	KEMPOS
6	1
5 ANIMALS	5 RULES
Tiger Leopard Dragon Snake Crane	Character Sincerity Etiquette Effort Self-Control
<i>~A journey of a thousand miles, begins with but a single step~</i>	