



## ADULT 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	
JIU-JITSU AND SPECIALS			
5 Basic Club Strikes Parry Set, Cobra Grip Same Side Wrist Grab De Ashi Barai			
5 ANIMALS		5 RULES	
Tiger Leopard Dragon Snake Crane		Character Sincerity Etiquette Effort Self-Control	

