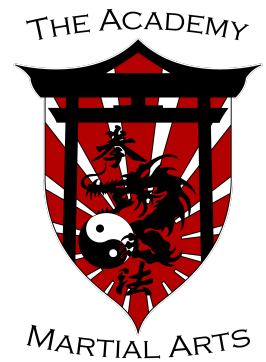


3RD DEGREE BROWN BELT REQUIRED MATERIAL



FORMS:

- **NO NEW FORMS**

BLOCKING:

- **NO NEW BLOCKING**

KEMPO TECHNIQUES:

- **GLANCING TIGER**
- **ROLLING HAMMERS**
- **ROLLING MONKEY**

PUNCHES:

- **NO NEW PUNCHES**

KICKS:

- **NO NEW KICKS**

KEMPO BAG DRILLS:

- **ROLLING MONKEY**