

BLUE BELT REQUIRED MATERIAL



FORMS:

- **KATA 2**

BLOCKING:

- **NO NEW BLOCKING SYSTEMS**

KEMPO TECHNIQUES:

- **LEAPING CRANE**
- **CIRCLING HANDS**
- **UPLIFTING RIDGE**

PUNCHES:

- **NO NEW PUNCHES**

KICKS:

- **NO NEW KICKS**

KEMPO BAG DRILLS:

- **LEAPING CRANE**
- **CIRCLING HANDS**