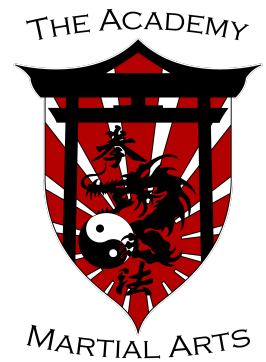


BLUE BELT WITH BLACK STRIPE REQUIRED MATERIAL



FORMS:

- **NO NEW FORMS**

BLOCKING:

- **10 POINT BLOCKING**

KEMPO TECHNIQUES:

- **HIDDEN THRUST**
- **CIRCLING SWEEP**
- **CRANE SPREADS IT'S WINGS**

PUNCHES:

- **TIGERS CLAW**
- **SPEAR HAND POKE**
- **IMMORTAL MAN**
- **CRANES BEAK**
- **EAGLE'S TALON**

KICKS:

- **STEPPING STOOL KICK**
- **HOOK KICK**
- **HOPPING FRONT KICK**
- **HOPPING SIDE KICK**
- **SCISSOR KICK**

KEMPO BAG DRILLS:

- **HIDDEN THRUST**
- **CIRCLING SWEEP**