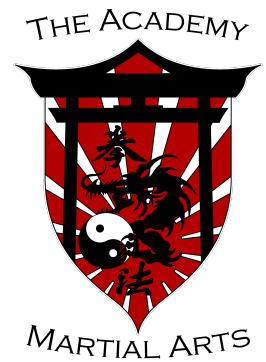


GREEN BELT WITH BLACK STRIPE REQUIRED MATERIAL



FORMS:

- **NO NEW FORMS**

BLOCKING:

- **NO NEW BLOCKING**

KEMPO TECHNIQUES:

- **TWISTED SNAKE**
- **ROLLING SHUTOS**
- **TIGER CLIMBS THE MOUNTAIN**

PUNCHES:

- **NO NEW PUNCHES**

KICKS:

- **NO NEW KICKS**

KEMPO BAG DRILLS:

- **TWISTED SNAKE**
- **ROLLING SHUTOS**