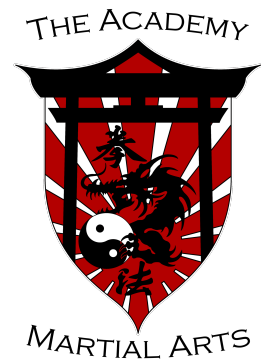


ORANGE BELT REQUIRED MATERIAL



FORMS:

- PINAN 1

BLOCKING:

- OPEN HANDED 8 POINT BLOCKING

KEMPO TECHNIQUES:

- DESCENDING TIGER
- CRESCENT CRANE

PUNCHES:

- PALM STRIKE
- SIDE ELBOW
- REAR ELBOW
- DOWNWARD ELBOW
- CRANES HEAD
- INVERTED HAMMER
- FOREARM
- CROSS HAND SHUTO
- BACKFIST
- BACKHAND

KICKS:

- SIDE THRUST KICK
- CRESCENT KICK
- FRONT THRUST KICK

KEMPO BAG DRILLS:

- DESCENDING TIGER
- CRESCENT CRANE