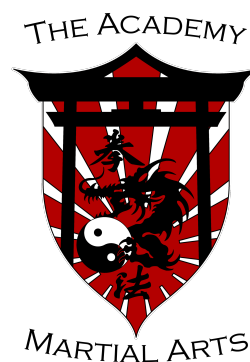


WHITE BELT REQUIRED MATERIAL



FORMS:

- HALF MOONING FORWARDS AND BACKWARDS
WITH CLOSED HANDED 8 POINT BLOCKING

BLOCKING:

- CLOSED HANDED 8 POINT BLOCKING

KEMPO TECHNIQUES:

- L-STEP
- FORWARD ATTACKS

PUNCHES:

- FRONT TWO-KNUCKLE PUNCH
- BACK TWO-KNUCKLE PUNCH
- HAMMER PUNCH
- THRUST PUNCH

KICKS:

- FRONT BALL KICK
- INSTEP KICK
- RISING KNEE

KEMPO BAG DRILLS:

- L-STEP
- FORWARD ATTACKS