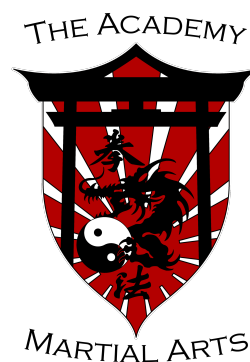


# YELLOW BELT REQUIRED MATERIAL



## FORMS:

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

## BLOCKING:

- **CLOSED HANDED 8 POINT BLOCKING AND COUNTER STRIKES**

## KEMPO TECHNIQUES:

- **BLOCK FADE**
- **ATTACKING THRUSTS**

## PUNCHES:

- **SHUTO**
- **ROUNDHOUSE ELBOW**
- **CROSS HAND HAMMER STRIKE**

## KICKS:

- **BACK KICK**
- **ROUNDHOUSE KNEE**
- **SIDE BLADE KICK**

## KEMPO BAG DRILLS:

- **BLOCK FADE**
- **ATTACKING THRUSTS**