

WHITE BELT

Knowledge and History of Kempo

School Motto & the KOSHO Crest Five Animals and the Five Rules
The "I WILL CREED" !!

Stances

Front Position

Right Foot Out On Elbows

Horse Stance

Ready Position

Half-moon Stance (a.k.a ¾)

Hand Strikes

Front Punch

Back Punch

Thrust Punch

Palm Heel

Kicks

Front Kick (Ball, Instep, and Heal)

Side Kick

Back Kick

Blocking Systems

Eight-point Blocking System

Combinations

#6

#7

Kempos

#1 Beginner

#2 Beginner

Basic Defense Maneuvers; Level 1

1) Hook Punch

2) Lapel Grab

3) Low Lunge Attack

4) Side Headlock

5) Bear Hug

Groundwork

Four Break Falls & Four Shoulder Roll

YELLOW BELT

Stance

Cat Stance

Reverse Position

Hand Strikes

Hammer

Knife Hand

Chicken Wrist

Blocking Systems

Eight-point Blocking System w/ Strikes

Guiding Blocks

Combinations

#3

Forms

#1 Pinan

Kempos

#3 Beginner

#4 Beginner

Weapon Defense Techniques

One Overhead Club

One Side Club

One Straight In Knife

Basic Defense Maneuvers; Level 2

1) Double Hook Punch

2) Front Choke

3) Side Choke

4) Back Choke

5) Wrist Grabs (Single & Double)

ORANGE BELT

Stance

Stance Form

Pivot to Rear

Hand Strikes

Elbow Strikes (roundhouse/upward/outward)

Two Finger Poke

Driving Knife Hand

Spear Hand Poke

Ridge Hand

Leopard Paw

Blocking Systems

Knife Hand, Eight-point Blocking System

Combinations

#5

#2

Forms

#1 Pinan (With kicks)

Kempos

#5 Beginner

#6 Beginner

Weapons Defense Techniques

Two Overhead Clubs

Two Side Clubs

Two Straight In Knife

Basic Defense Maneuvers; Level 3

1) Full Nelson

2) Arm Bar

3) Forearm Choke

4) Front Face Lock

5) Hair Grab (Front & Back)

PURPLE BELT

Stance

Push Drags (Forward, Backward)

Fighting Stance

Hand Strikes

Reverse Hammer

Tiger Claw (Palm)

Tiger's Mouth

Hook Punch

Back Fist

Back-hand

Downward Elbow

Cross-hand Series

Blocking Systems

Eight-point Blocking System With Alternate Strikes

Double Eight-point Blocking System

Parry Blocks

Kicks

Crescent Kick

Reverse Crescent Kick

Roundhouse Kick

Hook Kick

Combinations

#18

#4

Forms

#2 Pinan

Kempos

#1 Intermediate

#2 Intermediate

Weapons Defense Techniques

Three Overhead Clubs

Three Side Clubs

Three Straight In Knife

One Slashing Knife

BLUE BELT

2nd Degree

Guard

High Hand, Low Hand Guard

Foot Work

Shuffles

Stances

Pine Tree

Hand Strikes

Spin-around Series

Kicks

Spinning Kick Series

Stepping Stool Kick

Axe Kick

Combinations

#8

#9

Forms

#1 Kata

Kempos

#3 Intermediate

#4 Intermediate

Take-Downs

Hawk Sweep

Dragon Tail

Weapons Defense Techniques

Four Overhead Clubs

Four Side Clubs

Four Straight In Knife

Two Slashing Knife

Basic Defense Maneuvers; Level 1, 2, and 3

Finishing Moves

BLUE BELT

1st Degree

Foot Work

Switch-Up

Chinese Leg Maneuvers

Kicks

Scoop Kick

Jump Spinning Kick Series

Combinations

#12

#14

Forms

#2 Kata

Kempos

#5 Intermediate

#6 Intermediate

Weapons Defense Techniques

Three Slashing Knife

One Gun Defense

Review Of All Material

Emphasis On Proficiency And Preparing For GREEN BELT

GREEN BELT

2nd Degree

Hand Strikes

Bear Paw

Blocking Systems

Ten-point Blocking System

Wing Block

Combinations

#10

#16

#15

Forms

Statue Of The Crane

3 Pinan (Optional)

Kempos

#1 Advanced

#2 Advanced

Weapons Defense Techniques

Four Slashing Knife

Two Gun Defense

GREEN BELT

1st Degree

Hand Strikes
Trigger Finger

Combinations

#17

#19

#11

Forms

3 Pinan

#4 Pinan

Kempos

#3 Advanced

#4 Advanced

Weapons Defense Techniques

Three Gun Defense

Weapons Forms

Jo Block Set

Review Of All Material

Emphasis On Proficiency And Preparing For BROWN BELT

BROWN BELT

3rd Degree

Blocks

Monkey

Hand Strikes

Sneaks Head

Immortal Man

Thumbs to the Eyes

Stance

All Self-Defense Techniques
Done From a Fighting Stance!!!!

Take Downs

Major & Minor Reap

Combinations

#1

#13

#20

#26

Forms

#5 Pinan

#3 Kata

Kempos

#5 Advanced

#6 Advanced

Animal Kempos

One of Each Basic Animal

Weapons Forms

Jo Form

BROWN BELT

2nd Degree

Hand Strikes
Cutting Knife

Combinations

#24

#23

Forms

#4 Kata

Animal Kempos

Three of Each Basic Animal

Weapons Defense

Clubs (Over, Side)

Knife (Straight, Slash)

Gun From All Angles

Review Of All Material

Emphasis On Proficiency And Preparing For
BLACK BELT

BROWN BELT

1st Degree

Hands Strikes

Butterfly Palms

Kicks

Wheel Kick

Combinations

#21

#25

#22

Forms

#5 Kata

Animal Kempos

Five of Each Basic Animal

Review Of All Material

Emphasis On Proficiency And Preparing For

BLACK BELT

BLACK BELT

1ST Degree

Poison Hands

Close Punch

Snake Dart (Closed & Open)

Snake Bite

Dragon Tail

Eye of the Phoenix

Leopard Fist

Poison Thumb

Eagles Talon

Crab Strike

Spike Hand

Monkey Pads

Cranes Beak

Cranes Wing

Kicks

Pin

Smash

Snake

Forms

Kumite Katas

Two Fist Set (A&B)

6 Kata

Hae Nan Ni Don

Han Suki

Combination

#23(B and C)

#27

#28

#29

#30 (A and B)

Weapons Forms

Two Man Staff Form

Shu Shi No Kan Sho

Kama Form