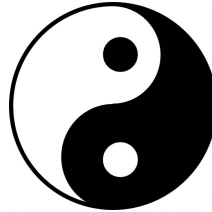


ADULT
WHITE BELT REQUIREMENTS



FORMS	Blocking form
STRIKES	Front punch, Back punch, Palm heel strike, Hammer to the nose, Snap kick, Front ball kick, Side kick, Back kick
SPARRING	Front shuffle with Front punch - front / rear Back shuffle with #1 and #2 blocks
KEMPOS	1 Kempo
GRAB / WEAPONS DEFENSE	Front choke / Front lapel Overhead club / Side club
KNOWLEDGE	Kung Fu Knowledge 1-5
BLOCKS	8-Point Blocking System
DM'S	Defense Maneuver #6 Defense Maneuver #7