

# ADULT RANK REQUIREMENTS

## Block 1

### White Belt

### Test Every 2 Weeks

1<sup>st</sup>: Basic Punches, Kicks, 8 Point Blocking System. 2<sup>nd</sup>: Combination 6 &7, 3<sup>rd</sup>: Front Choke, Double Wrist Grab

### Yellow Belt

### Test Every 2 Weeks

1<sup>st</sup>: Combination 3 (no takedown), Sword Hand Kempo 2<sup>nd</sup>: Rear Wrist Grab, Front Lapel,

3<sup>rd</sup>: Kempo A & B (no takedowns), Back Choke

## Block 2

### Orange Belt

### Test Monthly Sparring and Weapon Defense Training Begins

1<sup>st</sup>: Combination 5, Kempo C (no takedown), 8 Point Blocking System with Strikes 2<sup>nd</sup>: Kempo D, Side Headlock

3<sup>rd</sup>: Bear Hugs, full nelson

Eligible for Black Belt Training

### Purple Belt

1<sup>st</sup>: Combinations 2, 18 2<sup>nd</sup>: Straight Knife #1, Overhead Club #1 3<sup>rd</sup>: Side Club #1, Overhead Knife

## Block 3

### Blue Belt

1<sup>st</sup>: Combinations 8, take downs for Kempo A, B 2<sup>nd</sup>: Combination 9, take downs for Kempo C and Combination 3

3<sup>rd</sup>: Straight in Knife #2, Overhead Club #2,

### Advanced Blue

1<sup>st</sup>: Combinations 12 & 14 2<sup>nd</sup>: Tensu Kempos, Rear Headlock, 3<sup>rd</sup>: 1 Kata 8-Point Blocking with simultaneous strikes,

## Block 4

### Green Belt

1<sup>st</sup>: Tiger Kempos 2<sup>nd</sup>: Crane Kempos 3<sup>rd</sup>: Side Club #2 Gutting Knife #1, 4<sup>th</sup>: Combination 4, T-Block Kempo #1

5<sup>th</sup>: 2 Kata 6<sup>th</sup>: Dynamic Tension Form

### Advanced Green

1<sup>st</sup>: Combinations 10, 17 2<sup>nd</sup>: Combinations 1, 20 3<sup>rd</sup>: Straight Knife #3, Back Slashing #1 4<sup>th</sup>: Leopard Kempos

5<sup>th</sup>: Side Club #3 6<sup>th</sup>: Back Slashing Knife #2, Straight Knife #4

Eligible for Masters Team

## Block 5

### Brown

1<sup>st</sup>: Combinations 21, 26 2<sup>nd</sup>: Combinations 15 & 16 3<sup>rd</sup>: Iron Fortress Kempo, Combination 13

4<sup>th</sup>: Gun techniques #1 & #2 5<sup>th</sup>: Snake Kempos 6<sup>th</sup>: Statue of the Crane

### Advanced Brown

1<sup>st</sup>: Combination 22, 23 2<sup>nd</sup>: Dragon Kempos 3<sup>rd</sup>: Rising Sun Kempo Gutting Knife #2 4<sup>th</sup>: Gun technique #3 #4 #5 #6

5<sup>th</sup>: Plumb Tree Blocking System 6<sup>th</sup>: 3 Kata

American Kempo Karate Academy