



SHAOLIN-RYUKYU KEMPO

少林琉球拳法

SCHOOL OF MARTIAL ARTS

TIGER'S GRADING SYLLABUS

1. White Belt, 1 Red Tab

Yoi (*Ready Stance*)

Inside Forearm Block

Straight Punch

Lower Front Snap Kick

Bow twice at the door upon entry

2. White Belt, 2 Red Tabs

Kyotske (*Attention Stance*)

Rising Forearm Block

Double Strike

Front Snap Kick

Bow once at the door when leaving

3. White Belt, 3 Red Tabs

Naihanchi Dachi (*Horse Riding Stance*)

Outside Forearm Block

2 Star Punching

Side Snap Kick

Two Shaolin School Rules

4. Yellow Belt, 1 Red Tab

Seisan (*Forward Leaning Stance*)

Lower Parry

Punch, Block, Block Combination

Reverse Punch

Yoko Geri (*Side Thrust Kick*)

5. Yellow Belt, 2 Red Tabs

Seiza (*Kneeling*)

3 Star Punching

Pull in, Back Fist Strike

Front Snap Kick/Side Thrust Kick Combination

Three Shaolin School Rules

6. Yellow Belt, 3 Red Tabs

Neko Ashi (*Cat Stance*)

4 Star Punching

Roundhouse Kick

Sanbom Kumite Stage 1

Four Shaolin School Rules