
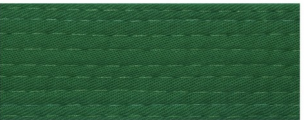
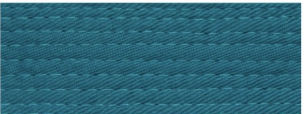



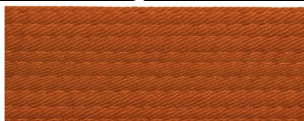




| Advanced | Phase 7 | Phase 8 | Phase 9 |
|---|---|---|--|
|  | Punch 19, 20, 21 Kick 7 Grab 13, 14 Push 7 Hold 4 | Punch 22, 23, 24 Kick 8 Grab 15, 16 Push 8 Hold 5 | Punch 25, 26, 27 Kick 9 Grab 17, 18 Push 9 Hug 4 |
|  | Lock 4 Tackle 7 Weapon 7 Multiple 7 | Lock 5 Tackle 8 Weapon 8 Multiple 8 | Choke 4 Tackle 9 Weapon 9 Multiple 9 |
|  | Kata: Monkey Dance 4, Kaimuki 4 | Kata: Monkey Dance 5, Kaimuki 5 | Kata: Monkey Dance 6, Kaimuki 6 |

| Intermediate | Phase 4 | Phase 5 | Phase 6 |
|---|---|--|---|
|  | Punch 10, 11, 12 Kick 4 Grab 5, 6 Push 4 Hold 1 | Punch 13, 14, 15 Kick 5 Grab 9, 10 Push 4 Hold 2 | Punch 16, 17, 18 Kick 6 Grab 11, 12 Push 5 Hold 3 |
|  | Choke 1 Tackle 4 Weapon 4 Multiple 4 | Choke 2 Tackle 5 Weapon 4 Multiple 4 | Choke 3 Tackle 6 Weapon 5 Multiple 5 |
|  | Kata: Kaimuki 1 | Kata: Kaimuki 2 | Kata: Kaimuki 3 |

| Beginner | Phase 1 | Phase 2 | Phase 3 |
|---|---|---|---|
|  | Punch 1, 2, 3 Kick 1 Grab 1, 2 Push 1 Hug 1 | Punch 4, 5, 6 Kick 2 Grab 3, 4 Push 2 Hug 2 | Punch 7, 8, 9 Kick 3 Grab 5, 6 Push 3 Hug 3 |
|  | Lock 1 Tackle 1 Weapon 1 Multiple 1 | Lock 2 Tackle 2 Weapon 2 Multiple 2 | Lock 3 Tackle 3 Weapon 3 Multiple 3 |
|  | Kata: Monkey Dance 1 | Kata: Monkey Dance 2 | Kata: Monkey Dance 3 |

| Expert | Phase 19: Mantis | Phase 20: Rooster | Phase 21: Eagle |
|-------------------|---|---|--|
| 4 Stripe | Expert Concepts Pt. 1 Punch Defense as Combination 1-10 Impaired techniques Pt. 1 Punch 76-80 Foundations: Power, Lockflow Power Breaking Pt. 1 | Expert Concepts Pt. 2 Punch Defense as Combination 11-20 Impaired techniques Pt. 2 Punch 81-85 Foundations: Power, Lockflow Power Breaking Pt. 2 Kata: Hon Suki | Expert Concepts Pt. 3 Punch Defense as Combination 21-30 Impaired techniques Pt. 3 Punch 86-90 Foundations: Power, Lockflow Power Breaking Pt. 3 |
| Expert | Phase 16: Snake | Phase 17: Leopard | Phase 18: Monkey |
| 3 Stripe | Advanced Concepts Pt. 1 Punch Defense as Offense 1-10 3E: Evolve Punch 61-65 Foundations: Effortless, Balanced Pressure Points Pt. 3 | Advanced Concepts Pt. 2 Punch Defense as Offense 11-20 3E: Evolve Punch 66-70 Foundations: Effortless, Balanced Pressure Points Pt. 3 | Advanced Concepts Pt. 3 Punch Defense as Offense 21-30 3E: Evolve Punch 71-75 Foundations: Effortless, Balanced Pressure Points Pt. 3 |
| Refinement | Phase 13: Tiger | Phase 14: Crane | Phase 15: Dragon |
| 2 Stripe | Intermediate Concepts Pt. 1 Yawara Punch Defenses 1-10 3E: Experiment Punch 46-50 Foundations: Leverage, Painful Touch Pressure Points Pt. 2 Kata: Kaimuki 7 | Intermediate Concepts Pt. 2 Yawara Punch Defenses 11-20 3E: Experiment Punch 51-55 Foundations: Leverage, Painful Touch Pressure Points Pt. 2 | Intermediate Concepts Pt. 3 Yawara Punch Defenses 21-30 3E: Experiment Punch 56-60 Foundations: Leverage, Painful Touch Pressure Points Pt. 2 Kata: Kaimuki 8 |
| Refinement | Phase 10 | Phase 11 | Phase 12 |
| 1 Stripe | Beginner Concepts Pt. 1 Left-sided Punch Defenses 1-10 Intro to 3E: Explore Punch 31-35 Understanding the Curriculum Pt. 1 Pressure Points Pt. 1 Kata: Monkey Dance 7 & 8 | Beginner Concepts Pt. 2 Left-sided Punch Defenses 11-20 Intro to 3E: Explore Punch 36-40 Understanding the Curriculum Pt. 2 Pressure Points Pt. 1 Kata: Monkey Dance 9 & 10 | Beginner Concepts Pt. 3 Left-sided Punch Defenses 21-30 Intro to 3E: Explore Punch 41-45 Understanding the Curriculum Pt. 3 Pressure Points Pt. 1 Kata: Monkey Dance 11 & 12 |

Golden Leopard Kempo Rank Curriculum (Rev: 2020)