

1st Black Belt Requirements

Techniques

- _____ 1. Chinese Pincers (AB)
- _____ 2. Crossing Hooks
- _____ 3. Turning the Flame (AB)
- _____ 4. Stopping the Staff
- _____ 5. Twisting Vine
- _____ 6. Breaking the Staves (AB)
- _____ 7. Hands of Jade
- _____ 8. Spinning Log
- _____ 9. Lever of Ming (AB)
- _____ 10. The Lion (AB)
- _____ 11. Double Lance (ABCDE)
- _____ 12. Covering the Moon
- _____ 13. Returning Fist (AB)
- _____ 14. Falling Blades
- _____ 15. Dance of the Dragon
- _____ 16. Falling Hammers
- _____ 17. Corkscrew (ABC)
- _____ 18. The Whip
- _____ 19. Winding Elbows (ABCDE)
- _____ 20. Twisting Serpent
- _____ 21. Chopping the Log
- _____ 22. Falling Tree (ABC)
- _____ 23. The Python
- _____ 24. Twisting Dragon
- _____ 25. Slicing Hands
- _____ 26. The Scorpion
- _____ 27. Chinese Thumbscrew (AB)
- _____ 28. 4 Fists
- _____ 29. Advancing Dragon
- _____ 30. The Lock

Kata

- _____ 1. Long 6
- _____ 2. Two Person Set (AB)
- _____ 3. Long 3 Staff
- _____ 4. Japanese Sword Set