

2nd Brown Belt Requirements

Techniques

- _____ **1. Hidden Fist (AB)**
- _____ **2. Rocker**
- _____ **3. Circling the Sun (ABCD)**
- _____ **4. Leveling the Clouds**
- _____ **5. Plucking a Bird from the Sky**
- _____ **6. Sleeves of China**
- _____ **7. Monkey Elbow (AB)**
- _____ **8. Striking Asp (ABCDE)**
- _____ **9. Shooting Star**
- _____ **10. Pushing the Circle (ABC)**
- _____ **11. Circles of Glass**
- _____ **12. Japanese Hands**
- _____ **13. Waterwheel (AB)**
- _____ **14. Tumbling Clouds (ABC)**
- _____ **15. Rising Kick**
- _____ **16. Crane Kick**
- _____ **17. Sweeping Serpent**
- _____ **18. Covering the Flame (AB)**
- _____ **19. Cobra and the Mongoose**
- _____ **20. Chinese Junk**
- _____ **21. Dance of the Mongoose**
- _____ **22. Offer of Dust**
- _____ **23. Ming's Sword**
- _____ **24. Chinese Fan**
- _____ **25. Locking the Gate**
- _____ **26. Waterfall**
- _____ **27. Prance of the Tiger**
- _____ **28. The Rake**
- _____ **29. 3 Tongues of the Dragon**
- _____ **30. Blocking the Sun (AB)**

Kata

- _____ **1. Skylight Spear**
- _____ **2. Tiger**
- _____ **3. Crane**