

3rd Brown Belt Requirements

Techniques

- _____ **1. Spinning Hammers**
- _____ **2. Dance of Death (AB)**
- _____ **3. Leap of Death**
- _____ **4. Miss of Leap (ABCD)**
- _____ **5. Eagle Claw**
- _____ **6. Eagle Miss**
- _____ **7. Foot Rake**
- _____ **8. Sleeper (AB)**
- _____ **9. Startled Cat (AB)**
- _____ **10. Manchurian Takedown**
- _____ **11. Shaolin Warrior (ABC)**
- _____ **12. Springing Tiger**
- _____ **13. Raking the Ground**
- _____ **14. Slicing Knee**
- _____ **15. Turning the Rod**
- _____ **16. Eagle's Talons**
- _____ **17. Crossing Darts**
- _____ **18. Bending the Staff**
- _____ **19. Dropping the Staff**
- _____ **20. The Escape**
- _____ **21. Uncovering the Flame (AB)**
- _____ **22. Opening the Fan (AB)**
- _____ **23. Double Blades (ABCD)**
- _____ **24. Clawing Panther**
- _____ **25. Spear of Jade (ABC)**
- _____ **26. 3 Winds Claw (ABCD)**
- _____ **27. 3 Winds Fist (ABCD)**
- _____ **28. Chinese Cobra**
- _____ **29. The Phoenix**
- _____ **30. Retreating Phoenix (AB)**

Kata

- _____ **1. Mass Attack**
- _____ **2. Darkroom Staff**
- _____ **3. Long 4**