

2nd Black Belt Requirements

Techniques

- _____ 1. Broom Sweeps (ABCDEFG) v1
- _____ 2. Climbing the Stairs v1
- _____ 3. Falcon (AB) v2
- _____ 4. The Hawk (AB) v2
- _____ 5. Springing Rooster (AB) v2
- _____ 6. Flying Dragon (AB) v3
- _____ 7. Scissors (AB) v2
- _____ 8. Crouching Tiger v3
- _____ 9. Falling Rock (AB) v3
- _____ 10. Springing Limb v3
- _____ 11. Falling Monkey v3
- _____ 12. Slashing Dragon v4
- _____ 13. Tibetan Knee v4
- _____ 14. Tibetan Roll v4
- _____ 15. Tail of the Dragon (ABC) v4
- _____ 16. Slapping Silk v5
- _____ 17. Twisting Rope v5
- _____ 18. Wrapping the Gift v5
- _____ 19. Double Knot v5
- _____ 20. Hangman (AB) v5
- _____ 21. The Leopard's Tail v6
- _____ 22. Following Fist (AB) v6
- _____ 23. Hands of Air (AB) v6
- _____ 24. Whirlwind (ABC) v6
- _____ 25. Disappearing Hand (AB) v6
- _____ 26. Chinese Hook (ABC) v7
- _____ 27. Stick of Death v7
- _____ 28. Betraying Stick v7
- _____ 29. Catching the Cobra v7
- _____ 30. Spinning Fire (AB) v7

Kata

- _____ 1. Long 7 v8
- _____ 2. Finger Set v9
- _____ 3. Butterfly Swords v9