

1st Black Belt Requirements

Techniques

- _____ 1. Chinese Pincers (AB) v2
- _____ 2. Crossing Hooks v2
- _____ 3. Turning the Flame (AB) v2
- _____ 4. Stopping the Staff v2
- _____ 5. Twisting Vine v4
- _____ 6. Breaking the Staves (AB) v4
- _____ 7. Hands of Jade v4
- _____ 8. Spinning Log v4
- _____ 9. Lever of Ming (AB) v4
- _____ 10. The Lion (AB) v5
- _____ 11. Double Lance (ABCDE) v5
- _____ 12. Covering the Moon v5
- _____ 13. Returning Fist (AB) v5
- _____ 14. Falling Blades v5
- _____ 15. Dance of the Dragon v6
- _____ 16. Falling Hammers v6
- _____ 17. Corkscrew (ABC) v6
- _____ 18. The Whip v6
- _____ 19. Winding Elbows (ABCDE) v6
- _____ 20. Twisting Serpent v7
- _____ 21. Chopping the Log v7
- _____ 22. Falling Tree (ABC) v7
- _____ 23. The Python v7
- _____ 24. Twisting Dragon v7
- _____ 25. Slicing Hands v9
- _____ 26. The Scorpion v9
- _____ 27. Chinese Thumbscrew (AB) v9
- _____ 28. 4 Fists v9
- _____ 29. Advancing Dragon v9
- _____ 30. The Lock v9

Kata

- _____ 1. Long 6 v1
- _____ 2. Two Person Set (AB) v8
- _____ 3. Long 3 Staff v3
- _____ 4. Japanese Sword Set