

Adult Black Belt Requirements

Yellow Belt

1. Japanese Stranglehold A, B, C
2. Blocking the Kick A, B
3. Passing the Horizon
4. Crashing Elbows
5. Breaking the Cross

Orange Belt

1. Headlock
2. Kimono Grab
3. Bridge
4. Locking Arm
5. Windmill Guard
6. Crossing Talon
7. Opponents at Sides
8. Flowing Hands
9. Sumo
10. Crash of the Eagle
11. Dancer
12. Retreating form the Horizon
13. Lever A, B
14. Scimitar
15. Reverse Hammerlock
16. Aiming the Spear
17. Rocking Elbows
18. Encircling Arms A. B.
19. Raising the Staff
20. Cutting the Pagoda

Purple Belt

1. Crane Leap
2. Shackle Break A, B
3. Drawbridge A, B
4. Opening the Cowl A, B
5. Arm Hook
6. Crouching Falcon
7. Arching Blades
8. Returning Viper
9. Circling Serpent
10. Darkness
11. Sticks of Satan
12. Bowing to Buda A, B
13. Kung Fu Cross
14. Divided Swords
15. Sweeping Arm Hook
16. Attack from the Temple A, B
17. Spinning from the Sun
18. Striking Serpent
19. Broken Staff
20. Chinese L Choke

Blue Belt

1. Bending Limb
2. Two Headed Serpent
3. Darting Serpent
4. Clawing Panther
5. Thundering Hammers
6. Swinging Gate A
7. Retreating Phoenix
8. Spear of Jade

Blue Belt – Continued

9. Missing the Leap
10. Grasping Talon
11. Double Blades
12. Five Swords
13. Hidden Fist
14. Leveling the Clouds
15. Plucking a Bird from the Sky
16. Monkey Elbow
17. Striking Asp
18. Circles of Glass
19. Flashing Daggers
20. Sleeper

Green Belt

1. Water Wheel
2. Startled Cat
3. The Daggers
4. Cobra and Mongoose
5. Locking Gate
6. Sweeping Reeds
7. Whirling Mantis
8. Striking Mace
9. Chinese Cobra
10. Rising Kick
11. Tumbling Clouds
12. Ming's Sword
13. Dance of the Mongoose
14. Silent Escape
15. Stretching the Bow
16. Bending Reeds
17. Swinging Gate B
18. Offer of Dust
19. Fish Hook
20. Raising the Sword

Brown Belt

1. Thrusting Limb
2. Guiding the Staff
3. Whirling Thorns
4. Dropping the Staff
5. Covering Talon A, B, C
6. Crossing Hooks
7. The Escape
8. Mantis
9. Diving Hawk
10. Crossing Swords
11. Stone Warrior
12. Sweeping Branches
13. Twisting Staves
14. Parting the Reeds
15. The Vice
16. Twisted Knee
17. Wedge A, B, C
18. Breaking the Staves
19. Chinese Pincer A, B
20. Double Spears A, B

Red Belt

1. Praying Mantis
2. Drums of Manchu
3. Sowing the Seeds
4. Hands of Jade A, B
5. Winding Limb A
6. Winding Limb B
7. Lever of Ming
8. Slapping Silk A, B
9. The Lion
10. Bending the Staff
11. Double Lance
12. Turning the Key
13. Eagle's Talon
14. The Rake
15. Falling Hammers
16. Brushing Wind
17. Returning Fist
18. Dance of the Dragon
19. Sweeping Wings
20. The Lotus

Red-Black Belt

1. Striking Fang
2. Slicing Dragon
3. Crossing the Sun A, B, C
4. Wing Break
5. Snapping Twig
6. Prayer of Death
7. Attacking the Wall
8. Blocking the Sun
9. Prancing of the Tiger
10. Legions of Ming
11. Shaolin Warrior
12. Covering the Flame
13. Crossing the Mountain
14. Knee Sweep
15. Rocker
16. Chinese Junk A, B
17. Eagle's Pin
18. Parting Waves
19. Dance of Death

Kata's

- Chinese Forms 1, 2, 3, 4, 5, 6
Universal Drills 1, 2, 3, 4
Finger Set, Moving Finger Set
Mass Attack
Tiger
Nahanchin 1, 2, 3
Book Set
Dancing Cat 1 & 2
Rushing Fist 1 & 2
Nunchaku Kata
Original Black Belt Kata
1st Stripe _____
2nd Stripe _____
3rd Stripe _____

Name _____ Date: _____

Basic Requirements

Hand/Elbow Strikes

Kicks

Blocks

Stances

Arnis

-----**Yellow Belt**-----

Reverse Punch
Palm Heel
Horizontal Elbow
Vertical Elbow
Backward Elbow
Tiger Claw
Inward Knife Hand
Reverse Bow Hammer Fist
Overhead Hammer Fist
Lunge Punch

Front Snap
Front Thrust
Rear Thrust
Side Thrust
Roundhouse
Combination
3 Directional
Crossing Side

Upward
Inward
Outward
Downward
Downward Crossing
Upward Crossing
Five Star
Downward Push
Block

Natural
Neutral
Square Horse
Open High Guard
Closed High Guard
Hard Bow
Soft Bow
Reverse Bow

12 Basic Strikes
12 Basic Blocks
Trapping Hands
Striking Styles
Abanico, Up & down
Rompida, Banda y Banda
Figure 8, Single Sinawali

-----**Orange Belt**-----

Outward Knife Hand
Half Fist
Ridge Hand
Spear Hand
Web Hand
Back fist
Vertical Fist
Corkscrew
Inverted

Defensive Wheel
Offensive Wheel
Shuffle Front
Spinning Rear
Low-High Wheel
Low-High Roundhouse

Outward Knife Hand
Inward Parry
Sweeping
Brush
Windmill
Sickle

Cat Stance

Double Sinawali
Reverse Sinawali
Block/Check/Counter (12 Ang)
12 Disarms,
Espada y Daga,
Empty hand 1-2 drill

-----**Purple Belt**-----

Middle Finger Fist
Two Finger Spear
Fore Finger Thrust
Outer Wrist Strike
Inner Wrist Strike
Descending Elbow
L-Punch

Sliding Side
Hopping Side
Stomp
Knee
Defensive Hook
Offensive Hook
Spinning Hook

Low Forearm
Double Forearm
Shoulder
High-Low Palm heel
Down Out Parry

Crane
Twisted

6 count drill
Obstruction Removal Empty
Obstruction Removal Stick

10 count Dance of Pain

-----**Blue Belt**-----

U-Punch
Finger Rake
Finger Flick

Inward Crescent
Outward Crescent
Axe
Spinning Side

Back
Tiger
Low Stance

-----**Green Belt**-----

Thumb Thrust
Cobra Strike

Spinning Crescent
Scoop
Back Leg Hook
Pull – Side, Wheel,
Front, Hook

Arm Traps
Fish Hook Block

Break falls

Dragon
Twisted Dragon

Sweeps

-----**Brown Belt**-----

Chicken Beak
Back Knuckle Rake

Jump Spinning Crescent
Jump Spinning Rear
Chicken (Front, Wheel,)

Kneeling
Hourglass

-----**Red Belt**-----

Spinning Back fist

Mantis Stance

-----**Other Requirements**-----

100 Hours Serving as Instructor/Assistance Instructor
Martial Arts Thesis, 2-4 type written pages
Reading Selections assigned by Chief Instructors