

Dragon /Junior Black Belt Requirements

Yellow Belt

1. Wrist Releases A,B,C
2. Rear Choke Release
3. Front Choke hold release

Orange Belt

1. Sumo
2. Windmill Guard
3. Headlock

Purple Belt

1. Crouching Falcon
2. Returning Viper
3. Locking Arm
4. Circling Serpent

Blue Belt

1. Swinging Gate A
2. Passing the Horizon
3. Crossing Talon
4. Crane Leap
5. Grasping Talon

Green Belt

1. The Daggers
2. Locking Gate
3. Rising Kick
4. Retreating Phoenix
5. Chinese Cobra
6. Startled Cat

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

Red Belt

1. Japanese Stranglehold A, B, C
2. Blocking the Kick A, B
3. Crashing Elbows
4. Breaking the Cross
5. Kimono Grab
6. Bridge
7. Opponents at Sides
8. Flowing Hands
9. Crash of the Eagle
10. Shackle Break A, B
11. Drawbridge A, B
12. Darkness
13. Bending Limb
14. Two Headed Serpent
15. Darting Serpent
16. Clawing Panther
17. Thundering Hammers
18. Spear of Jade
19. Missing the Leap
20. Water Wheel

Red-Black Belt

1. Cobra and Mongoose
2. Sweeping Reeds
3. Whirling Mantis
4. Striking Mace
5. Praying Mantis
6. Drums of Manchu
7. Sowing the Seeds
8. Hands of Jade A, B
9. Winding Limb A
10. Winding Limb B
11. Lever of Ming
12. Slapping Silk A, B
13. The Lion
14. Bending the Staff
15. Double Lance
16. Striking Fang
17. Slicing Dragon
18. Crossing the Sun A, B, C
19. Wing Break
20. Snapping Twig

Black Belt

1. Prayer of Death
2. Attacking the Wall
3. Blocking the Sun
4. Prance of the Tiger
5. Legions of Ming
6. Opening the Cowl A, B
7. Arm Hook
8. Arching Blades

Kata's

1. Chinese Forms 1, 2, 3, 4, 5
2. Universal Drills 1, 2, 3, 4
3. Finger Set, Moving Finger Set
4. Mass Attack
5. Tiger
6. Book Set
7. Dancing Cat 1
8. Rushing Fist 1
9. Nunchaku Kata
10. Original Weapons Kata

Stances

1. Natural
2. Neutral
3. Square Horse
4. Open High Guard
5. Closed High Guard
6. Hard Bow
7. Soft Bow
8. Reverse Bow
9. Cat Stance
10. Crane
11. Twisted
12. Back
13. Tiger
14. Low Guard Stance
15. Dragon
16. Twisted Dragon

Blocks

1. Upward
2. Inward
3. Outward
4. Downward
5. Downward Crossing
6. Upward Crossing
7. Five Star
8. Downward Push Block
9. Outward Knife Hand
10. Inward Parry
11. Sweeping
12. Brush
13. Windmill
14. Sickle
15. Low Forearm
16. Double Forearm
17. Shoulder
18. High-Low Palm heel

Hand/Elbow Strikes

1. Reverse Punch
2. Palm Heel
3. Horizontal Elbow
4. Vertical Elbow
5. Backward Elbow
6. Tiger Claw
7. Inward Knife Hand
8. Reverse Bow Hammer Fist
9. Overhead Hammer Fist
10. Outward Knife Hand
11. Half Fist
12. Ridge Hand
13. Spear Hand
14. Web Hand
15. Back fist
16. Vertical Fist
17. Corkscrew
18. Inverted
19. Middle Finger Fist
20. Two Finger Spear
21. Outer Wrist Strike
22. Inner Wrist Strike
23. Descending Elbow
24. L-Punch
25. U-Punch
26. Finger Rake
27. Finger Flick
28. Thumb Thrust
29. Cobra Strike
30. Lunge Punch

Kicks

1. Front Snap
2. Front Thrust
3. Rear Thrust
4. Side Thrust
5. Roundhouse
6. Combination
7. 3 Directional
8. Crossing Side
9. Defensive Wheel
10. Offensive Wheel
11. Shuffle Front
12. Spinning Rear
13. Low-High Wheel
14. Low-High Roundhouse
15. Sliding Side
16. Hopping Side
17. Stomp
18. Knee
19. Defensive Hook
20. Offensive Hook
21. Spinning Hook
22. Inward Crescent
23. Outward Crescent
24. Axe
25. Spinning Side
26. Spinning Crescent
27. Scoop
28. Back Leg Hook
29. Pull-Side, Wheel, Front, Hook
30. Jump Spinning Crescent
31. Jump Spinning Rear
32. Chicken (Front, Wheel)

Readings assigned by instructors

Proficiency in all Basics
 Proficiency in all Kata's
 Proficiency in all Self Defense
 Techniques – Right side only

100 Hours as Assistant instructor

All Creeds

1st Stripe _____

2nd Stripe _____

3rd Stripe _____

Name _____ Date: _____