

# Junior 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

## 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

## 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
9. Missing the Leap
10. Grasping Talon

## 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

## 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

## Brown – Continued

8. Mantis
9. Diving Hawk
10. Crossing Swords

## 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

## 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. Prance of the Tiger
10. Legions of Ming

## 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
1. Wrist Releases
2. Rear Choke Release
3. Front Choke hold release

## 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

1<sup>st</sup> Stripe \_\_\_\_\_

2<sup>nd</sup> Stripe \_\_\_\_\_

3<sup>rd</sup> Stripe \_\_\_\_\_

Name \_\_\_\_\_ Date: \_\_\_\_\_