

## ORANGE BELT

Sumo

Japanese Strangle Hold

Blocking The Kick (AB)

Headlock (ABC)

Crash Of The Eagle I

Pushing The Circle

Tackle Techniques

Rising Elbow

Opponent's At Sides

Dancer

Passing The Horizon

Retreating From The Horizon

Kimono Grab

Lever (AB)

Crashing Elbow

Bridge

Heel Hook

Front Bear Hug (ABC)

Eagle Beak

Scimitar

Breaking The Cross

Locking Arm

Attacking Circle

Windmill Guard

Aiming The Spear

Anvil

Knee Lift

Spiraling Wrist

Spreading The Leaves

Crash Of The Eagle II

Wedge

## PURPLE BELT

Flowing Hands

Driving Elbows

Crossing Talon

Cutting The Pagoda

Eagle Pin

Striking Fang

Crane Leap

Shackle Break (AB)

Drawbridge (AB)

Kung Fu Cross

Gift

Opening The CowI(AB)

Slicing Dragon

Crossing Guard

Arm Hook

Crossing The Sun(AB)

Ascending To Heaven

Attack From The Temple(AB)

Crouching Falcon

Dart

Opening The Fan

Bowing To Buddha(AB)

Darkness

Sweeping Arm Hook

Spinning From The Sun

Flashing Wings

Snapping Twig

Prayer Of Death

Striking Serpent

Arching Blades

*Highlighted techniques are for the 20 list.*

## BLUE BELT

Attacking The Wall  
Blocking The Sun  
Dance Of Death  
Returning Viper  
Returning Thunder  
Chinese L-Choke  
The Serpent  
Sticks Of Satin  
Knee Sweep  
Sleeper  
Thundering Hammers  
Five Swords  
Darting Serpent  
Uncovering The Flame  
Leap Of Death  
Two Headed Serpent  
Double Blades  
Clawing Panther  
Spear Of Jade (AB)  
Three Winds Fist  
Three Winds Claw  
Prance Of The Tiger  
Phoenix  
Chinese Thumb Screw  
Hidden Fist  
Silk Wind  
Circling The Sun  
Kung Fu Wrist  
Striking Asp  
Shooting Star

## GREEN BELT

Plucking A Bird From The Sky  
Guarding The Wall  
Parting The Waves  
Missing The Leap  
Sleeves Of China  
Monkey Elbow  
Grasping Talon  
Circles Of Glass  
Japanese Hand  
Flashing Daggers  
Folding Wings  
Dropping Blade  
Waterwheel  
Tumbling Clouds  
Rising Kick  
Crane Kick  
Sweeping Serpent  
Springing Tiger  
Covering The Flame  
The Cobra And The Mongoose  
Chinese Junk  
Startled Cat  
Dance Of The Mongoose  
Ming's Sword  
Chinese Fan  
Locking The Gate  
Waterfall  
Chinese Cobra  
Legions Of Ming  
Fish Hook

### **3RD DEGREE BROWN**

The Sickle  
The Dagger  
The Mantis  
Whirling Mantis  
Shaolin Warrior  
Silent Escape  
Diving Hawk  
Crashing Elbows  
Whirling Blades  
Seven Swords  
Breaking The Yoke  
Raising The Shield  
Bending Reeds  
Swinging Gate  
Crossing Swords  
Reversing Hammers  
Passing Wind (AB)  
Reversing Wind  
Twisting Staves  
Guiding The Staff  
Cyclone  
Double Spear (AB)  
The Escape  
Whirling Thorn  
The Wedge (ABC)  
Slashing Cougar (AB)  
Dropping The Staff  
Twisting Knee  
Double Asp  
Oriental Lever

### **2ND DEGREE BROWN**

Parting The Reeds  
Covering Talon (ABC)  
The Vice  
Chinese Pinchers (AB)  
Crossing Hooks (AB)  
Turning The Blade (AB)  
Stretching The Bow  
Whirling Warrior (ABC)  
Crouching Tiger  
Breaking The Staves  
Preying Mantis  
Sewing The Seeds (AB)  
Winding The Limb (AB)  
Whirling Leaves (AB)  
Sweeping Wings  
Kneeling Tiger  
Hand of Jade (AB)  
Spinning The Log  
Crossing Hammers  
Ring Of Fire  
Spinning Hammers  
Eagle Claw  
Turning The Rod  
The Lotus  
Returning Asp  
Turning The Key  
Crossing Darts  
Drums of Manchu  
Returning Fist (AB)  
Crossing The Mountain

## **1ST DEGREE BROWN**

Wing of The Eagle  
The Bee  
Reaching For The Nest  
Dropping Leaves  
Swooping Eagle  
Swaying Limb  
The Snake  
Slashing Talon  
Four Hands (AB)  
The Thorn  
The Whip (AB)  
The Butterfly (AB)  
Winding Elbows (ABCD)  
The Python  
Miss The Leap of Death (ABC)  
Twisting Dragon  
Advancing Dragon  
The Scorpion (AB)  
Chinese Tiger  
Stopping The Staff (AB)  
Smothering Wings (AB)  
Whirling Serpent  
Falling Tree (ABC)  
Brushing Wind  
Springing Limb  
Reversing Grasp  
Corkscrew (AB)  
Chopping Log  
Foot Rake  
Bridging The Gap

## **1ST DEGREE BLACK**

Checking The Tide  
Reaching For The Moon  
Crossing The Lock  
Whirling Leaves  
Covering The Moon  
The Monkey  
Hands Of Death  
Reaping The Fields  
Sweeping Blade  
Striking The Flame  
The Willow (AB)  
The Fury (AB)  
Hurricane (AB)  
Ringing The Bell  
Darting Wasp  
Silent Dragon  
Crossing Hands  
Twisting Vine (ABC)  
Attacking Leopard  
Chinese Lever  
The Hornet  
Twisting Serpent  
Slicing Knee  
Twisting Rope  
Eagle's Talons  
Dance Of The Dragon  
Double Lance (ABC)  
Bending The Staff (AB)  
The Rake  
The Lion

# Kata

Blocking Set

Short One

Long One

Short Two

Long Two Short Three

Long Three

Mass Attacks

Panther Set (Book Set)

Finger Set

Tiger and the Crane

Long Four

Long Five

Darkroom Staff Set \*

Skylight Staff Set \*

Staff Set

Sword Set \*

Cane Set (The Hook)

\* *Optional Kata*