

# 1st Black Belt Requirements

## Techniques

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

## Kata

- \_\_\_\_\_ 1. Long 6
- \_\_\_\_\_ 2. Two-Person Set (AB) (optional)
- \_\_\_\_\_ 3. Long 3 Staff (optional)
- \_\_\_\_\_ 4. Japanese Sword Set (optional)