

1st Brown Belt Requirements

Techniques

- _____ 1. Legions of Ming
- _____ 2. Fish Hook
- _____ 3. The Sickle
- _____ 4. The Dagger (AB)
- _____ 5. Mantis
- _____ 6. Whirling Mantis
- _____ 7. Sticks of Satin (AB)
- _____ 8. Diving Hawk
- _____ 9. Advancing Hammers
- _____ 10. Sweeping Arm Hook
- _____ 11. Snapping Twig
- _____ 12. Breaking the Yoke
- _____ 13. Prayer of Death
- _____ 14. Raising Shield
- _____ 15. Circling the Pagoda (ABC)
- _____ 16. The Thistle
- _____ 17. Passing Wind (ABC)
- _____ 18. Reversing Wind
- _____ 19. Twisting Staves (AB)
- _____ 20. Guiding the Staff
- _____ 21. Cyclone
- _____ 22. Double Spear (ABCD)
- _____ 23. Crossing Swords
- _____ 24. Whirling Thorn
- _____ 25. The Wedge (ABC)
- _____ 26. Slashing Cougar
- _____ 27. Twisting Knee (ABC)
- _____ 28. Double Asp (ABCD)
- _____ 29. Oriental Lever (AB)
- _____ 30. Parting the Reeds

Kata

- _____ 1. Long 5
- _____ 2. Little Tiger (optional)