

2nd Black Belt Requirements

Techniques

- _____ **1. Broom Sweeps (ABCDEFGG)**
- _____ **2. Climbing the Stairs**
- _____ **3. Falcon (AB)**
- _____ **4. The Hawk (AB)**
- _____ **5. Springing Rooster (AB)**
- _____ **6. Flying Dragon (AB)**
- _____ **7. Scissors (AB)**
- _____ **8. Crouching Tiger**
- _____ **9. Falling Rock (AB)**
- _____ **10. Springing Limb**
- _____ **11. Falling Monkey**
- _____ **12. Slashing Dragon**
- _____ **13. Tibetan Knee**
- _____ **14. Tibetan Roll**
- _____ **15. Tail of the Dragon (ABC)**
- _____ **16. Slapping Silk**
- _____ **17. Twisting Rope**
- _____ **18. Wrapping the Gift**
- _____ **19. Double Knot**
- _____ **20. Hangman (AB)**
- _____ **21. The Leopard's Tail**
- _____ **22. Following Fist (AB)**
- _____ **23. Hands of Air (AB)**
- _____ **24. Whirlwind (ABC)**
- _____ **25. Disappearing Hand (AB)**
- _____ **26. Chinese Hook (ABC)**
- _____ **27. Stick of Death**
- _____ **28. Betraying Stick**
- _____ **29. Catching the Cobra**
- _____ **30. Spinning Fire (AB)**

Kata

- _____ **1. Long 7**
- _____ **2. Optional Katas**