

## **3rd Black Belt Requirements**

### **Techniques**

- \_\_\_\_\_ **1. Sweeping Tiger**
- \_\_\_\_\_ **2. Hooking Eagle**
- \_\_\_\_\_ **3. Catching the Dragon's Tail**
- \_\_\_\_\_ **4. Hands to Heaven**
- \_\_\_\_\_ **5. Driving Fist**
- \_\_\_\_\_ **6. Chinese Lock**
- \_\_\_\_\_ **7. Attack of the Hawk**
- \_\_\_\_\_ **8. Leopard's Fist (AB)**
- \_\_\_\_\_ **9. Chinese Corkscrew**
- \_\_\_\_\_ **10. Twisting Cobra**
- \_\_\_\_\_ **11. Monkey Fist**
- \_\_\_\_\_ **12. Short Wind**
- \_\_\_\_\_ **13. Hands of Death**
- \_\_\_\_\_ **14. Twisting Leopard (AB)**
- \_\_\_\_\_ **15. Blocking the Dragon**
- \_\_\_\_\_ **16. Circle of Steel**
- \_\_\_\_\_ **17. The Attacking Dragon (ABC)**
- \_\_\_\_\_ **18. Stinging Butterfly**
- \_\_\_\_\_ **19. Winds From the East (AB)**
- \_\_\_\_\_ **20. Winds of Destruction (ABC)**
- \_\_\_\_\_ **21. Slash of Steel**
- \_\_\_\_\_ **22. Uncoiling Viper**
- \_\_\_\_\_ **23. Leaping Monkey**
- \_\_\_\_\_ **24. Circle of Fire**
- \_\_\_\_\_ **25. Ming's Hammer**
- \_\_\_\_\_ **26. Dragon's Whip (AB)**
- \_\_\_\_\_ **27. White Tiger (AB)**
- \_\_\_\_\_ **28. Winding Fist**
- \_\_\_\_\_ **29. Path of Destruction (AB)**
- \_\_\_\_\_ **30. Tail of the Cobra**

### **Kata**

- \_\_\_\_\_ **1. Earth and Sky**
- \_\_\_\_\_ **2. Optional Katas**