

## **4th Black Belt Requirements**

### **Techniques**

- \_\_\_\_\_ **1. Moment of Truth**
- \_\_\_\_\_ **2. Sound of Thunder**
- \_\_\_\_\_ **3. Path of the Leopard**
- \_\_\_\_\_ **4. Crane Wings**
- \_\_\_\_\_ **5. Wings of the Hawk**
- \_\_\_\_\_ **6. Swords of China**
- \_\_\_\_\_ **7. Coiled Hands**
- \_\_\_\_\_ **8. Stalking Tiger**
- \_\_\_\_\_ **9. Double Mace**
- \_\_\_\_\_ **10. The Wheel**
- \_\_\_\_\_ **11. The Panther Strikes**
- \_\_\_\_\_ **12. The Iron Palm**
- \_\_\_\_\_ **13. Floating Hands**
- \_\_\_\_\_ **14. Twin Cobras**
- \_\_\_\_\_ **15. Japanese Cross**
- \_\_\_\_\_ **16. Broken Wing**
- \_\_\_\_\_ **17. Hurricane (AB)**
- \_\_\_\_\_ **18. Chinese Phoenix**
- \_\_\_\_\_ **19. Spear of Vengeance**
- \_\_\_\_\_ **20. Arc of Steel**
- \_\_\_\_\_ **21. Shield of Iron (AB)**
- \_\_\_\_\_ **22. Kung Fu Shield (AB)**
- \_\_\_\_\_ **23. The Steel Circle**
- \_\_\_\_\_ **24. Knife of Vengeance**
- \_\_\_\_\_ **25. Dying Wind**
- \_\_\_\_\_ **26. Stick of Truth**
- \_\_\_\_\_ **27. Morning Thunder**
- \_\_\_\_\_ **28. Three Tongues of Fire (AB)**
- \_\_\_\_\_ **29. Steel Enemy**
- \_\_\_\_\_ **30. Riding the Staff**

### **Kata**

- \_\_\_\_\_ **1. Long 8 (moved from 5<sup>th</sup> Black requirements)**
- \_\_\_\_\_ **2. Optional Katas**