

# 5th Black Belt Requirements

## Techniques

- \_\_\_\_\_ 1. Sumo (B)
- \_\_\_\_\_ 2. Japanese Strangle Hold (F)
- \_\_\_\_\_ 3. Headlock (DEF)
- \_\_\_\_\_ 4. Crash of the Eagle Pt III (ABC)
- \_\_\_\_\_ 5. Grasping Talon (C)
- \_\_\_\_\_ 6. Dancer (B)
- \_\_\_\_\_ 7. Opponents at Sides (EF)
- \_\_\_\_\_ 8. Passing the Horizon (CD)
- \_\_\_\_\_ 9. Kimono Grab (C)
- \_\_\_\_\_ 10. Lever (DEF)
- \_\_\_\_\_ 11. Knee of Vengeance (B)
- \_\_\_\_\_ 12. Two Man Crashing Elbows
- \_\_\_\_\_ 13. Bridge (CD)
- \_\_\_\_\_ 14. Front Bearhug (FGHI)
- \_\_\_\_\_ 15. Aiming the Spear (BCD)
- \_\_\_\_\_ 16. Simitar (BC)
- \_\_\_\_\_ 17. Raising the Staff (B)
- \_\_\_\_\_ 18. Rocking Elbow (B)
- \_\_\_\_\_ 19. Anvil (EF)
- \_\_\_\_\_ 20. Knee Lift (B)
- \_\_\_\_\_ 21. Crane Leap (EF)
- \_\_\_\_\_ 22. Crossing Guard (C)
- \_\_\_\_\_ 23. Striking Fang (C)
- \_\_\_\_\_ 24. Breaking the Sword (B)
- \_\_\_\_\_ 25. Attack from the Temple (C)
- \_\_\_\_\_ 26. Kneeling Prayer (C)
- \_\_\_\_\_ 27. Dart (B)
- \_\_\_\_\_ 28. Bridging the Gap (BC)
- \_\_\_\_\_ 29. Reversing Grasp (C)
- \_\_\_\_\_ 30. Flashing Daggers (B)
- \_\_\_\_\_ 31. Bending the Limb (B)
- \_\_\_\_\_ 32. Covering Talon (C)
- \_\_\_\_\_ 33. Darkness (BC)
- \_\_\_\_\_ 34. Folding Wings (B)
- \_\_\_\_\_ 35. Arching Blades (BC)
- \_\_\_\_\_ 36. Seven Swords (B)
- \_\_\_\_\_ 37. Flowing Hands (B)
- \_\_\_\_\_ 38. Crossing Hammers (D)
- \_\_\_\_\_ 39. Thundering Hammers (B)
- \_\_\_\_\_ 40. Crossing the Mountain (BC)

## Kata

- \_\_\_\_\_ 1. Optional Kata