



BLACK BELT

1ST DEGREE

Test Date _____

PROGRESS

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TECHNIQUES



Glancing Lance

FRONT right thrusting knife (arms down)



Thrusting Lance

FRONT right step-through thrusting knife (arms down)



Dominating Circles

FRONT right hand right shoulder grab



Blinding Sacrifice

FRONT two-hand choke or grab attempt



Destructive Fans

LEFT FLANK right step-through punch



Snakes of Wisdom

2 PERSON left & right shoulder grab



Unfurling Crane

FRONT left & right punch combo step-through



Leap of Death

FRONT right step-through punch



Grasping Eagles

(2 PERSON) front-right lapel grab and rear-right arm grab



Entwined Lance

FRONT right step-through thrusting knife



Parting the Snakes

(2 PERSON) FRONT right punch and REAR attempt



Falling Falcon

FRONT right direct lapel grab