



# GREEN BELT

WITH BROWN STRIPE

Test Date \_\_\_\_\_

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## PROGRESS

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## TECHNIQUES



### **Fallen Cross**

REAR two hand choke



### Wings of Silk

REAR two-arm lock



### **Returning Storm**

FRONT right roundhouse & backhand club



### Gripping Talon

FRONT left direct right wrist grab



### **Crossed Twigs**

REAR two-hand wrist grab



### Gathering Clouds

FRONT straight-shuffle right punch



### **Snaking Talon**

FRONT two hand push



### Destructive Twins

FRONT two-hand choke (pull-in)



### **Flashing Mace**

FRONT straight right step-through punch



### Broken Ram

FRONT tackle



### Gift of Destiny

handshake



### Circling Horizon

FRONT straight right step-through punch

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## FORMS & SETS



### **Finger Set One**



### **Coordination Set One**