

# 1st Brown Belt Requirements

## Techniques

- \_\_\_\_\_ 1. Legions of Ming v3
- \_\_\_\_\_ 2. Fish Hook v3
- \_\_\_\_\_ 3. The Sickle v3
- \_\_\_\_\_ 4. The Dagger (AB) v3
- \_\_\_\_\_ 5. Mantis v4
- \_\_\_\_\_ 6. Whirling Mantis v4
- \_\_\_\_\_ 7. Sticks of Satin (AB) v4
- \_\_\_\_\_ 8. Diving Hawk v5
- \_\_\_\_\_ 9. Advancing Hammers v5
- \_\_\_\_\_ 10. Sweeping Arm Hook v5
- \_\_\_\_\_ 11. Snapping Twig v5
- \_\_\_\_\_ 12. Breaking the Yoke v6
- \_\_\_\_\_ 13. Prayer of Death v6
- \_\_\_\_\_ 14. Raising Shield v6
- \_\_\_\_\_ 15. Circling the Pagoda (ABC) v6
- \_\_\_\_\_ 16. The Thistle v6
- \_\_\_\_\_ 17. Passing Wind (ABC) v7
- \_\_\_\_\_ 18. Reversing Wind v7
- \_\_\_\_\_ 19. Twisting Staves (AB) v7
- \_\_\_\_\_ 20. Guiding the Staff v7
- \_\_\_\_\_ 21. Cyclone v7
- \_\_\_\_\_ 22. Double Spear (ABCD) v8
- \_\_\_\_\_ 23. Crossing Swords v8
- \_\_\_\_\_ 24. Whirling Thorn v8
- \_\_\_\_\_ 25. The Wedge (ABC) v8
- \_\_\_\_\_ 26. Slashing Cougar v9
- \_\_\_\_\_ 27. Twisting Knee (ABC) v9
- \_\_\_\_\_ 28. Double Asp (ABCD) v9
- \_\_\_\_\_ 29. Oriental Lever (AB) v9
- \_\_\_\_\_ 30. Parting the Reeds v9

## Kata

- \_\_\_\_\_ 1. Long 5 v1
- \_\_\_\_\_ 2. Little Tiger v2

(V #- refers to corresponding instructor's training series DVD)