

3rd Black Belt Requirements

Techniques

- _____ **1. Sweeping Tiger v1**
- _____ **2. Hooking Eagle v1**
- _____ **3. Catching the Dragon's Tail v1**
- _____ **4. Hands to Heaven v1**
- _____ **5. Driving Fist v1**
- _____ **6. Chinese Lock v2**
- _____ **7. Attack of the Hawk v2**
- _____ **8. Leopard's Fist (AB) v2**
- _____ **9. Chinese Corkscrew v2**
- _____ **10. Twisting Cobra v2**
- _____ **11. Monkey Fist v3**
- _____ **12. Short Wind v3**
- _____ **13. Hands of Death v3**
- _____ **14. Twisting Leopard (AB) v3**
- _____ **15. Blocking the Dragon v3**
- _____ **16. Circle of Steel v4**
- _____ **17. The Attacking Dragon (ABC) v4**
- _____ **18. Stinging Butterfly v4**
- _____ **19. Winds From the East (AB) v4**
- _____ **20. Winds of Destruction (ABC) v4**
- _____ **21. Slash of Steel v5**
- _____ **22. Uncoiling Viper v5**
- _____ **23. Leaping Monkey v5**
- _____ **24. Circle of Fire v5**
- _____ **25. Ming's Hammer v5**
- _____ **26. Dragon's Whip (AB) v6**
- _____ **27. White Tiger (AB) v6**
- _____ **28. Winding Fist v6**
- _____ **29. Path of Destruction (AB) v6**
- _____ **30. Tail of the Cobra v6**

Kata

- _____ **1. Earth and Sky v7**
- _____ **2. 8 Point Spear v7**

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