

# 3<sup>rd</sup> Brown Belt Requirements

## Techniques

- \_\_\_\_\_ 1. Spinning Hammers v1
- \_\_\_\_\_ 2. Dance of Death (AB) v1
- \_\_\_\_\_ 3. Leap of Death v2
- \_\_\_\_\_ 4. Miss of Leap (ABCD) v2
- \_\_\_\_\_ 5. Eagle Claw v2
- \_\_\_\_\_ 6. Eagle Miss v3
- \_\_\_\_\_ 7. Foot Rake v3
- \_\_\_\_\_ 8. Sleeper (AB) v3
- \_\_\_\_\_ 9. Startled Cat (AB) v4
- \_\_\_\_\_ 10. Manchurian Takedown v4
- \_\_\_\_\_ 11. Shaolin Warrior (ABC) v4
- \_\_\_\_\_ 12. Springing Tiger v5
- \_\_\_\_\_ 13. Raking the Ground v5
- \_\_\_\_\_ 14. Slicing Knee v5
- \_\_\_\_\_ 15. Turning the Rod v5
- \_\_\_\_\_ 16. Eagle's Talons v6
- \_\_\_\_\_ 17. Crossing Darts v6
- \_\_\_\_\_ 18. Bending the Staff v7
- \_\_\_\_\_ 19. Dropping the Staff v7
- \_\_\_\_\_ 20. The Escape v7
- \_\_\_\_\_ 21. Uncovering the Flame (AB) v8
- \_\_\_\_\_ 22. Opening the Fan (AB) v8
- \_\_\_\_\_ 23. Double Blades (ABCD) v8
- \_\_\_\_\_ 24. Clawing Panther v9
- \_\_\_\_\_ 25. Spear of Jade (ABC) v9
- \_\_\_\_\_ 26. 3 Winds Claw (ABCD) v9
- \_\_\_\_\_ 27. 3 Winds Fist (ABCD) v9
- \_\_\_\_\_ 28. Chinese Cobra v10
- \_\_\_\_\_ 29. The Phoenix v10
- \_\_\_\_\_ 30. Retreating Phoenix (AB) v10

## Kata

- \_\_\_\_\_ 1. Mass Attack v11
- \_\_\_\_\_ 2. Darkroom Staff v12
- \_\_\_\_\_ 3. Long 4 v13