

4th Black Belt Requirements

Techniques

- _____ **1. Moment of Truth v1**
- _____ **2. Sound of Thunder v1**
- _____ **3. Path of the Leopard v1**
- _____ **4. Crane Wings v1**
- _____ **5. Wings of the Hawk v1**
- _____ **6. Swords of China v2**
- _____ **7. Coiled Hands v2**
- _____ **8. Stalking Tiger v2**
- _____ **9. Double Mace v2**
- _____ **10. The Wheel v2**
- _____ **11. The Panther Strikes v3**
- _____ **12. The Iron Palm v3**
- _____ **13. Floating Hands v3**
- _____ **14. Twin Cobras v3**
- _____ **15. Japanese Cross v3**
- _____ **16. Broken Wing v4**
- _____ **17. Hurricane (AB) v4**
- _____ **18. Chinese Phoenix v4**
- _____ **19. Spear of Vengeance v4**
- _____ **20. Arc of Steel v4**
- _____ **21. Shield of Iron (AB) v5**
- _____ **22. Kung Fu Shield (AB) v5**
- _____ **23. The Steel Circle v5**
- _____ **24. Knife of Vengeance v5**
- _____ **25. Dying Wind v5**
- _____ **26. Stick of Truth v6**
- _____ **27. Morning Thunder v6**
- _____ **28. Three Tongues of Fire (AB) v6**
- _____ **29. Steel Enemy v6**
- _____ **30. Riding the Staff v6**

Kata

- _____ **1. Tam Tui v7**

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