

5th Black Belt Requirements

Techniques

- _____ 1. Sumo (B) v1
- _____ 2. Japanese Strangle Hold (F) v1
- _____ 3. Headlock (DEF) v1
- _____ 4. Crash of the Eagle Pt III (ABC) v1
- _____ 5. Grasping Talon (C) v1
- _____ 6. Dancer (B) v2
- _____ 7. Opponents at Sides (EF) v2
- _____ 8. Passing the Horizon (CD) v2
- _____ 9. Kimono Grab (C) v2
- _____ 10. Lever (DEF) v2
- _____ 11. Knee of Vengeance (B) v2
- _____ 12. Two Man Crashing Elbows v2
- _____ 13. Bridge (CD) v3
- _____ 14. Front Bearhug (FGHI) v3
- _____ 15. Aiming the Spear (BCD) v3
- _____ 16. Simitar (BC) v3
- _____ 17. Raising the Staff (B) v3
- _____ 18. Rocking Elbow (B) v3
- _____ 19. Anvil (EF) v3
- _____ 20. Knee Lift (B) v4
- _____ 21. Crane Leap (EF) v4
- _____ 22. Crossing Guard (C) v4
- _____ 23. Striking Fang (C) v4
- _____ 24. Breaking the Sword (B) v4
- _____ 25. Attack from the Temple (C) v4
- _____ 26. Kneeling Prayer (C) v4
- _____ 27. Dart (B) v5
- _____ 28. Bridging the Gap (BC) v5
- _____ 29. Reversing Grasp (C) v5
- _____ 30. Flashing Daggers (B) v5
- _____ 31. Bending the Limb (B) v5
- _____ 32. Covering Talon (C) v5
- _____ 33. Darkness (BC) v5
- _____ 34. Folding Wings (B) v6
- _____ 35. Arching Blades (BC) v6
- _____ 36. Seven Swords (B) v6
- _____ 37. Flowing Hands (B) v6
- _____ 38. Crossing Hammers (D) v6
- _____ 39. Thundering Hammers (B) v6
- _____ 40. Crossing the Mountain (BC) v6

Kata

- _____ 1. Long 8 v7