

3rd Black Belt Requirements

Techniques

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

Kata

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