

4th Black Belt Requirements

Techniques

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

Kata

- _____ **1. Tam Tui**