

5th Black Belt Requirements

Techniques

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

Kata

- _____ 1. Long 8