



# RED BELT

(1<sup>ST</sup> DEGREE BROWN)

1<sup>TH</sup> KYU

**Kung Fu Lore - Adept**

## Defense Techniques

1. Legion Of Ming
2. Fish Hook
3. The Sickle (a,b)
4. The Dagger (a,b)
5. Mantis
6. Whirling Mantis
7. Sticks of Satin (a,b)
8. Diving Hawk
9. Advancing Hammers
10. Sweeping Arm Hook
11. Snapping Twig
12. Breaking The Yoke
13. Prayer Of Death(a,b)
14. Raising The Shield
15. Circling The Pagoda (a,b,c)

## Kata

Long 5

## Kata - Weapon

Knife Set 1

## Kicks

1. 180° Spinning Hook
2. Downward Crescent Heel (2)
3. Floating (Retrograde) Wheel
4. Off-Angle Shuffle Wheel (4)
5. Jump Spinning Rear

**Teaching: Mantis** – Strategy and Patience  
**Phoenix** – Creativity & Regeneration

## Defense Techniques

16. The Thistle
17. Passing Wind (a,b,c)
18. Reversing Wind
19. Twisting Staves (a,b)
20. Guiding The Staff (a,b)
21. Cyclone (a,b)
22. Double Spear (a,b,c,d)
23. Crossing Swords
24. Whirling Thorn
25. The Wedge (a,b,c)
26. Slashing Cougar (a,b)
27. Twisting Knee (a,b,c)
28. Double Asp (a,b)
29. Oriental Lever (a,b)
30. Parting The Reeds (a,b)

## Kata

Mass Attacks

## Combinations

Six-Phase Rapid Strike

## Kicks

1. Double Jump Front Snap
2. Spinning In-Step / Knife-Edge Side
3. Inward Instep Crescent
4. Front & Rear Spinning Crescent (2)
5. Double Jump Crescent



# RED BELT

(1<sup>ST</sup> DEGREE BROWN)

1<sup>TH</sup> KYU

## Knife Requirements

### Anatomy

1. Pommel (Butt)
2. Hilt (Handle)
3. Quillon (Guard)
4. Choil
5. Blade
6. Fuller
7. Edge
8. Belly
9. Point (Tip)

### Basic Positions

1. Forward
2. Reverse

### Basic Strikes - Circular

1. Slash
2. Reverse Slash
3. Inverted Slash
4. Reverse Inverted Slash
5. Circular Stab

### Basic Strikes – Linear

1. Horizontal
2. Inverted Horizontal
3. Vertical
4. Inverted Vertical
5. Linear Slash

### Transitions

1. Forward to Reverse
2. Reverse to Forward
3. Right to Left hand
4. Left to Right hand

### Spontaneity

### Knife Techniques

1. Scimitar
2. Striking Mace
3. Fang of the Cobra
4. Dancer
5. Reversing Grasp
6. Silent Escape
7. Spinning from the Sun
8. Crashing Elbow
9. Flashing Daggers
10. Cyclone
11. The Serpent
12. 7 Swords
13. Circling Elbows
14. Double Blades
15. Lever