



GREEN BELT

4TH KYU

Kung Fu Lore - Acolyte

Defense Techniques

- Snapping The Rod
- Turning The Key (a,b)
- The Butterfly (a,b)
- Whirling Warrior (a,b)
- Flowing Hands
- Whirling Blades (a,b)
- Thrusting Limb (a,b,c)
- Crossing Hammers
- Two Man Swinging Gate
- Sweeping Branches
- Knee Sweep
- Kung Fu Wrist
- Stone Warrior (a,b,c)
- Praying Mantis
- Drums Of Manchu

Kata

Book Set (Panther/Leopard)

Lesson: ①②③④⑤⑥⑦⑧
Know: ①②③④⑤⑥⑦⑧

Kicks

- Flip (5) / Sweep (5)
- 180° Spinning Heel
- Spinning Extension Hook
- Jump Wheel (2)
- Crescent (2)

Cane Requirements

- Anatomy
- Basic Positions
- Basic Strikes
- Transitions
- Spontaneity

Cane Attacks

- Natural > Snap > Middle > Jolt
- Double > Jolt > Sword > Whip
- Middle > Jolt > Double > Thrust

Teaching: Swift Agility and Concealment

Defense Techniques

- Sowing The Seeds (a,b)
- Flashing Wings
- Parting The Waves
- Winding Limb (a,b)
- Brushing Wind
- Thundering Hammers
- Checking The Tide
- Crossing The Mountains
- Whirling Leaves (a,b)
- Sweeping Wings
- Kneeling Tiger
- The Lotus
- Attack The Wall
- 7 Sword
- Reversing Hammers (a,b)

Kata - Weapon

Cane Set 1

Lesson: ①②③④⑤
Know: ①②③④⑤

Kicks

- Scoop (2)
- Lower Spin
- Low Knife Edge
- Low Instep
- Drop Side / Drop Wheel

Basic Cane Strikes

- Thrust
- Jab
- Whip
- Snap
- Jolt
- Brace
- Hook
- Rake
- Skid
- Core

Print out and use the to track progress. Fill out the first circle to indicate you have completed the lesson. Fill in the second circle once you are confident with the movement. Fill in the circles for each Kata Portion under the Kata's name as you learn them.