



3rd BROWN BELT

3TH KYU

Kung Fu Lore - Acolyte

Teaching: Eagle – Serenity and Insight
Viper – Speed and Accuracy

Defense Techniques

- Spinning Hammers
- Dance Of Death
- Leap Of Death
- Miss Of The Leap (a,b,c,d)
- Eagle Claw
- Eagle Miss
- Foot Rake
- Sleeper
- Startled Cat (a,b)
- Manchurian Takedown
- Shaolin Warrior (a,b,c)
- Springing Tiger
- Raking The Ground
- Slicing Knee
- Turning The Rod

Defense Techniques

- Eagles Talon
- Crossing Darts
- Bending The Staff (a,b)
- Dropping The Staff
- The Escape
- Uncovering The Flame (a,b,c,d,e)
- Opening The Fan (a,b)
- Double Blades (a,b,c,d)
- Clawing Panther
- Spear Of Jade (a,b,c)
- 3 Winds Claw (a,b,c,d)
- 3 Winds Fist (a,b,c,d)
- Chinese Cobra
- The Phoenix
- Retreating Phoenix (a,b)

Katas

Long 4 – Eagle

Lesson: ① ② ③ ④ ⑤ ⑥ ⑦ ⑧

Know: ① ② ③ ④ ⑤ ⑥ ⑦ ⑧

Finger Set – Viper

Lesson: ① ② ③ ④ ⑤ ⑥ ⑦ ⑧

Know: ① ② ③ ④ ⑤ ⑥ ⑦ ⑧

Kata - Weapon

Cane Set 2

Lesson: ① ② ③ ④ ⑤ ⑥ ⑦ ⑧

Know: ① ② ③ ④ ⑤ ⑥ ⑦ ⑧

Kicks

- Inverted Hook
- Leg-Lock Take-Down
- Double Shuffle Wheel
- Floating Drop Spin
- Switch Step Side
- 270° Spinning Heel
- Jump Front Wheel
- Scissor Sweeps (3)
- Drop Ground Crescent
- Wheel, Bounce Rear

Cane Requirements

- Hidden Tornado
- Black Rainbow
- Monkey Trap
- Whirlwind
- Attacking Wall
- Threading The Needle
- Flying Dragon
- Smelling The Flowers
- Circling Shield
- Persuasion

Wrist Grabs - Straight

- Release
- Control
- Extension (a,b,c)

Wrist Grabs - Straight

- Throw (a,b)
- Strike
- Break