



2rd BROWN BELT

2TH KYU

Kung Fu Lore - Acolyte

Teaching: Tiger – Ferocity and Tenacity
Crane – Fluidness and Grace

Defense Techniques

1. Hidden Fist (a,b,c)
2. Rocker
3. Circling The Sun (a,b,c,d,e)
4. Leveling The Clouds
5. Plucking A Bird From The Sky
6. Sleeves Of China
7. Monkey Elbow (a,b,c)
8. Striking Asp (a,b,c)
9. Shooting Star
10. Pushing The Circle (a,b,c)
11. Circles Of Glass (a,b)
12. Japanese Hands (a,b,c)
13. Waterwheel (a,b)
14. Tumbling Clouds (a,b,c)
15. Rising Kick

Defense Techniques

16. Crane Kick (a,b)
17. Sweeping Serpent (a,b)
18. Covering The Flame (a,b,c)
19. Cobra and Mongoose (a,b)
20. Chinese Junk
21. Dance Of The Mongoose (a,b)
22. Offer Of Dust
23. Ming's Sword
24. Chinese Fan (a,b)
25. Locking The Gate
26. Waterfall
27. Prance Of The Tiger
28. The Rake (a,b)
29. 3 Tongues Of The Dragon
30. Blocking The Sun (a,b)

Kata

Tiger and Crane

Kata - Weapon

Cane Set 3

Kicks

1. Rolling Wheel
2. Sweeping Knife Edge
3. Sweeping Instep
4. Chinese Crescent – 2
5. Jump Side - 2

Kicks

6. Floating Side
7. 360 Degree Spinning Heel
8. Inward Hook
9. 45 Degree Angle Snap - 2
10. Jab Wheel

Cane Techniques

1. Sheathing The Sword
2. Whipping Panther
3. Crowning Moment
4. Snapping Rod
5. Crotch Lock
6. Catching The Fish
7. Rockslide
8. Three Stairs Of The Dragon
9. Five Cuts
10. Delayed Cut

Wrist Grabs - Cross

1. Release
2. Control (a,b)
3. Extension (a,b,c)
4. Throw (a,b)
5. Strike
6. Break