



1st Black Belt



Shodan

The art of making your dream a reality is simply remaining committed long enough for reality to catch up to your dream.

Techniques

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| 1. Preying Tiger | 21. Stalking Leopard |
| 2. Spitting Cobra | 22. Spinning Dragon (2) |
| 3. Cobras Retreat | 23. Chinese Death |
| 4. Leap of The Tiger | 24. Breaking The Spear |
| 5. Kung-Fu Claws | 25. Stopping The Blades |
| 6. Falling Dragon (2) | 26. Double Eagles |
| 7. Triple Mountain | 27. Circling Python |
| 8. Hanging The Winds | 28. Chinese Drums |
| 9. Blind Dragon | 29. Crushing Stone |
| 10. Kung-Fu .1 | 30. Striking Fist |
| 11. Kung-Fu .2 | 31. Splitting The Sun |
| 12. Kung-Fu .3 | 32. Oriental Sleeves |
| 13. Kung-Fu .4 | 33. Striking Dagger |
| 14. Black Mat (4) | 34. Hidden Wings |
| 15. Tumbling Dragon | 35. Faking Tiger |
| 16. The Falcon | 36. Chinese Leg .1 |
| 17. Whipping Dragon | 37. Chinese Leg .2 |
| 18. Slicing Cobra | 38. Chinese Leg .3 |
| 19. Claws Of The Tiger | 39. Chinese Leg .4 |
| 20. Grasping Tiger | 40. Attacking The Circle |

Katas

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| 1. Tam Tue | 3. First Half Of Two Man Black Set |
| 2. Two Man Staff | 4. Second Half Of Two Man Black Set |

Belt Pledge:

I hold that my time and my skill are the assets of my profession, assets which grow in value as I progress in the art until as a Third Degree Black Belt; I stand as a fully qualified instructor. It shall also be my responsibility to protect my students from ravenous individuals who would try to take advantage of personal weakness to divest the gullible into unprofitable path, to preserve the sacred things, God, family, country, and Association; I pledge my all.