



# 2<sup>nd</sup> black belt



## Nidan

*"It does not matter how slowly you go so long as you do not stop".*

*Confucius*

### Techniques

1. Black Assault .1
2. Black Assault .2
3. Black Assault .3
4. Black Assault .4
5. Black Assault .5
6. Blind Mantis
7. Spinning Mantis
8. Jade Pinchers (2)
9. Breaking The Circle
10. Striking The Wedge
11. Two Man Scorpion
12. Stopping The Fangs
13. Black Fangs
14. Splitting Scorpion
15. Black Scorpion
16. Flashing Wings
17. Black Dragon
18. Circling The Moon
19. Chopping Serpent
20. Claws Of Death
21. Whipping Fangs
22. Triple Knot
23. The Snake
24. The Tiger
25. The Leopard
26. Dragons Tail
27. Attacking Mantis
28. Stopping The Cobra
29. Stopping The Blade
30. Retreating Phoenix
31. Advancing Phoenix
32. Retreating Lotus
33. Black Panther
34. Black Monkey
35. Attacking Panther
36. Black Bo
37. Striking Chucks
38. Black Chucks
39. Sticks Of Manchu
40. Breaking The Ground

### Katas

1. Short Four
2. Short Five
3. Long Staff Set
4. Long Sword Set