



3rd black belt

sandan



“A thorn defends the rose, harming only those who would steal the blossom.”

“He who cannot agree with his enemies is controlled by them.”

Proverbs

Techniques

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| 1. Sweeping Tiger | 21. Circle Of Steel |
| 2. Hooking Eagle | 22. Attacking Dragon |
| 3. Catching The Dragons Tail | 23. Stinging Butterfly |
| 4. Hands To Heaven | 24. Winds From The East (2) |
| 5. Driving Fist | 25. Winds Of Destruction (3) |
| 6. Chinese Lock | 26. Slash Of Steel |
| 7. Attack Of The Hawk | 27. Uncoiling Viper |
| 8. Leopards Fist | 28. Leaping Monkey |
| 9. Chinese Corkscrew | 29. Circle Of Fire |
| 10. Twisting Cobra | 30. Ming's Hammer |
| 11. Monkey Fist | 31. Dragons Whip |
| 12. Short Wind | 32. White Tiger |
| 13. Hands Of Death | 33. Winding Fist |
| 14. Twisting Leopard | 34. Path Of Destruction |
| 15. Blocking The Dragon | 35. Tail Of The Cobra |
| 16. Rolling Tiger | 36. Catching The Eagle |
| 17. Wrapping Staff | 37. Sweeping Lock |
| 18. Slashing Dragon | 38. Attack Of The Cobra |
| 19. Attack Of The Snake | 39. Sweeping Viper |
| 20. Hammers Of Death | 40. Element Of Death |

Katas

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| 1. Long Six | 3. Punching Set |
| 2. Long Seven | 4. Kicking Set |