



4th black Belt



Yodan

“Our greatest glory is not in ever falling, but in rising every time we fall.”

Confucius

Techniques

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| 1. Moment Of Truth | 21. Broken Wing |
| 2. Sound Of Thunder | 22. Hurricane (2) |
| 3. Path Of The Leopard | 23. Chinese Phoenix |
| 4. Crane Wings | 24. Spear of Vengeance |
| 5. Wings Of The Hawk | 25. Arc Of Steel |
| 6. Swords Of China | 26. Shield Of Iron |
| 7. Coiled Hands | 27. Kung-Fu Shield |
| 8. Stalking Tiger | 28. Steel Circle |
| 9. Double Mace | 29. Knife Of Vengeance |
| 10. The Wheel | 30. Dying Wind |
| 11. The Panther Strikes | 31. Stick Of Truth |
| 12. The Iron Palm | 32. Morning Thunder |
| 13. Floating Hands | 33. Three Tongues Of Fire (2) |
| 14. Twin Cobras | 34. Steel Enemy |
| 15. Japanese Cross | 35. Riding The Staff |
| 16. Leopards Tail | 36. Stick Of Death |
| 17. Trailing Hands | 37. Betraying Stick |
| 18. Hands Of Winds | 38. Shooting Wind |
| 19. Vanishing Hands | 39. Spinning Fire |
| 20. Chinese Hook | 40. Rolling Leopard |

Katas

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| 1. Short Six | 3. Short Seven |
| 2. Chinese Set | 4. Speed Set |