



5th black Be It

godan



“At the most desperate dead-end one reaches life and opportunity.”

Proverb

Techniques

- | | |
|----------------------|-------------------------|
| 1. Sticking Staff | 21. Broken Knee |
| 2. Black Hands | 22. Hands Of Vengeance |
| 3. Reversing Shield | 23. Twisting Kick |
| 4. Springing Leopard | 24. Chinese Snake |
| 5. Black Tiger | 25. Whipping Elbow |
| 6. Falling Monkey | 26. Japanese Crane |
| 7. Rolling Viper | 27. Whipping Sleeves |
| 8. Clawing Dragon | 28. Dance Of Chains |
| 9. Leopards Claw | 29. Sweeping Hooks |
| 10. Dragons Fist | 30. Blocking Cobra |
| 11. Spinning Viper | 31. Ridding Wings |
| 12. Chinese Cross | 32. Blind Tiger |
| 13. Twin Eagle | 33. Double Knee |
| 14. Crossing Knee | 34. Revenging Dragon |
| 15. Advancing Wasp | 35. Thrusting Panther |
| 16. Winding Knees | 36. Pearls Of The Tiger |
| 17. Driving Fist | 37. Japanese Kick |
| 18. Striking Elbows | 38. Jade hands |
| 19. Thrusting Elbow | 39. Shooting Knee |
| 20. Steel Palms | 40. Dragons Hook |

Katas

- | | |
|----------------|-----------------------|
| 1. 28 Hand Set | 3. Little Tiger |
| 2. Long 8 | 4. Lightening Bolt .1 |