



Blue Belt



5th Kyu - gokyu

"He, who hesitates, meditates in the horizontal position."

- Ed Parker

Techniques

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|--------------------------|----------------------------------|
| 1. Knee Sweep | 16. Hidden Fist |
| 2. The Sleeper | 17. Silk Wind |
| 3. Thundering Hammers | 18. Circling The Sun (4) |
| 4. Five Swords | 19. Leveling The Clouds |
| 5. Chinese Snuffer | 20. Poison Cobra |
| 6. Uncovering The Flame | 21. Plucking A Bird From The Sky |
| 7. Leap Of Death | 22. Parting The Waves |
| 8. Two Headed Serpent | 23. Monkeys Elbow |
| 9. Clawing Panther | 24. Striking Asp (4) |
| 10. Striking Asp | 25. Shooting Star |
| 11. Three Winds Claw (2) | 26. Attacking The Wall |
| 12. Prance Of The Tiger | 27. Circles Of Glass |
| 13. The Phoenix | 28. Flashing Daggers |
| 14. Swinging Gate | 29. Folding Wings |
| 15. Chinese Scimitar (2) | 30. Faking Buddha |

KATA

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| 1. Long Two | 2. Short Three |
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Kicks

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| 1. Chicken Kick | 6. Spin - Rear - Rear Kick |
| 2. Chicken - Wheel Kick | 7. Scoop - Chicken Kick |
| 3. Scoop Kick | 8. Reverse - Roundhouse - Rear Kick |
| 4. Chick - Chick - Wheel Kick | 9. Side - Thrust, Spin - Rear Kick |
| 5. Reverse Roundhouse Kick | 10. Reverse Crescent kick |

(Optional Techniques)

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| 1. "U" Punch | 6. Double Blades |
| 2. Three Winds Fist | 7. Missing The Leap |
| 3. The Rocker | 8. Sleeves Of China |
| 4. Kung-Fu Wrist | 9. Japanese Hands |
| 5. Guarding The Wall | 10. Driving Beaks |

Belt Pledge:

I shall never let pride rule my passion and will defend, with all skill I possess, the weak, the helpless, and the oppressed. I pledge an unswerving loyalty to the Association and my instructor. In addition, I pledge an unending effort to earn self-same name loyalty from those who look to me from training.