



3rd Brown Belt



3rd Kyu - sankyu

“First he practices what he preaches and then he follows it.”

--Confucius

Techniques

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| 1. The Wedge (3) | 13. Advancing Dragon |
| 2. Winding Limbs (3) | 14. Advancing Hammers |
| 3. Eagle Claw | 15. Slashing Cougar |
| 4. Double Lance (4) | 16. Twisting Serpent |
| 5. Winding Elbows (5) | 17. The Python |
| 6. Spinning Hammers | 18. Drums Of Manchu |
| 7. Cyclone | 19. Strike Of The Cobra |
| 8. Hornet | 20. Bending The Staff (2) |
| 9. Thrusting limbs | 21. Dropping The Staff (2) |
| 10. Sweeping Branches | 22. Guiding The Staff (2) |
| 11. Sweeping Wings | 23. Turning The Staff |
| 12. Lotus | 24. Kneeling Tiger |

KATA

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| 1. Finger Set | 2. Mass Attack | 3. Tiger And Crane |
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(Optional Techniques)

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| 1. Eagle Miss | 4. Dropping The Hammer |
| 2. Double Spear (5) | 5. Stone Warrior (2) |
| 3. Crossing Darts (3) | 6. Falling Tree (5) |

Belt Pledge:

“I pledge that my skill as a teacher progresses I will never condemn, ridicule, embarrass or shame any student or fellow instructor in the presence of a class or group. All grievances or disputes shall be conducted in private away from group observation.”

