



Green Belt



4th Kyu - yonkyu

He who knows that enough is enough will always have enough.

Techniques

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| 1. Waterwheel | 16. The Dagger |
| 2. Raising Kick | 17. Mantis (2) |
| 3. Crane Kick | 18. Whirling Mantis |
| 4. Sweeping Serpent | 19. Shaolin Warrior (2) |
| 5. Springing Tiger | 20. Silent Escape |
| 6. Covering The Flame | 21. Diving Hawk |
| 7. Cobra & The Mongoose | 22. Whirling Blades |
| 8. Chinese Junk (2) | 23. Seven Swords |
| 9. Startle Cat | 24. Breaking The Yoke |
| 10. Dance Of The Mongoose | 25. Raising The Shield |
| 11. Offer Of Dust (2) | 26. Sweeping Reeds |
| 12. Ming's Sword | 27. Chinese Talon |
| 13. Locking Gate | 28. Chinese Pinchers |
| 14. Water falling | 29. Crossing Hammers |
| 15. Darting Serpent | 30. Reversing Hammers |

KATA

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| 1. Long Three | 2. Bookset |
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Kicks

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| 1. Double Reverse Crescent Kick | 7. Snap Wheel – Snap Wheel Kick |
| 2. Wheel Rear – Rear Kick | 8. Spinning Rear – Wheel Rear Kick |
| 3. Rear – Snap Kick | 9. Flying Knife Edge Kick |
| 4. Snap - Scoop Chicken Kick | 10. Rear Wheel – Spinning Rear Kick |
| 5. Reverse Roundhouse - Spinning Rear | 11. Double Reverse – Spinning Rear |
| 6. Scoop – Spinning Rear Kick | 12. Crescent – Spinning Rear Kick |

(Optional Techniques)

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| 1. Tumbling Clouds | 6. Crashing Elbow |
| 2. Chinese Fan | 7. Splitting The fan |
| 3. Chinese Cobra | 8. Striking Mace |
| 4. Legions Of Ming | 9. The Thistle (2) |
| 5. The Sickle (3) | 10. Crossing Swords |

Belt Pledge:

I pledge a continued effort to sharpen my skills, to increase my knowledge, and to broaden my horizons. I shall obligate myself under the direction of my instructor to learn the skills of a teacher wish will enable me to teach in a prescribed manner of my heritage.