

EAGLES
1st DEGREE JUNIOR BLACK BELT YELLOW STRIPE
REQUIREMENTS



FORMS	Shaolin Dragon form Double Nunchuck form
STRIKES	Eagles talon, Reverse tigers claw to the groin, Spinning rear elbow Phoenix fist, Iron broom sweep
SPARRING	Rear Crescent kick into Spinning back kick
POWERFUL WORDS	Turn in one each month!
ESCRIMA	Heaven and Earth
PUSH DEFENSE	Front
KNOWLEDGE	Kung Fu Knowledge: any 5 questions 1-45
DM'S	Defense Maneuver # 27 Defense Maneuver # 28