

ADULT

1st DEGREE BROWN BELT REQUIREMENTS



FORMS	Kata #4 Dragon sword #1
STRIKES	Horizontal raking claw, Reverse crane strike, Tigers mouth to the throat, Crossing side kick, Front kick- Back kick-Side kick with one leg
SPARRING	Superman punch / Defensive crane kick
KEMPOS	7 Kempos
GRAB DEFENSE	Mount
WEAPON DEFENSE	Gun - front
KNOWLEDGE	Kung Fu Knowledge 31-35
DM'S	Defense Maneuver # 1 Defense Maneuver # 17 Defense Maneuver # 19