

TIGERS  
1<sup>st</sup> DEGREE JUNIOR BLACK BELT YELLOW STRIPE  
REQUIREMENTS



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