

EAGLES
YELLOW BELT REQUIREMENTS



FORMS	KATA #1
STRIKES	Thrust punch, Roundhouse elbow, Rear elbow, Backfist, Crescent kick, Reverse crescent kick, Rising knee to the chin
SPARRING	Front shuffle with Backfist / Side kick Back shuffle with Check block
POWERFUL WORDS	Turn in one each month!
GRAB / WEAPONS DEFENSE	Rear shoulder grab / Rear choke Stabbing knife
KNOWLEDGE	Kung Fu Knowledge 6-10
BLOCKS	#1 and #2 Knife hand blocks, #3 and #4 Check blocks
DM'S	Defense Maneuver #3 Defense Maneuver #5