

EAGLES

BLUE BELT REQUIREMENTS



FORMS	<p style="text-align: center;">Kata #3</p> <p style="text-align: center;">Eight Kicks of the Dragon</p> <p style="text-align: center;">Two man bo (Southern side)</p>
STRIKES	<p style="text-align: center;">Crossing front punch, Vertical leopard's paw, Circle tiger to the groin, Spearhand poke, Jump spinning dragon kick, Scissors kick</p>
SPARRING	<p style="text-align: center;">Check - Ridge hand blitz</p> <p style="text-align: center;">Defensive side kick</p>
POWERFUL WORDS	<p style="text-align: center;">Turn in one each month!</p>
GRAB / WEAPONS DEFENSE	<p style="text-align: center;">Side headlock</p> <p style="text-align: center;">Overhead knife</p>
KNOWLEDGE	<p style="text-align: center;">Kung Fu Knowledge 21-25</p>
BLOCKS	<p style="text-align: center;">Defense Stance Blocking System</p>
DM'S	<p style="text-align: center;">Defense Maneuver #14</p> <p style="text-align: center;">Defense Maneuver #15</p> <p style="text-align: center;">Defense Maneuver #26</p>