

EAGLES  
2<sup>nd</sup> DEGREE BROWN BELT REQUIREMENTS



<b>FORMS</b>	Kata #5 Tong bei Dragon sword #2
<b>STRIKES</b>	Cross scissors strike, Rising sun punch, Spinning backfist, Tornado kick
<b>SPARRING</b>	Right shuffle and Left shuffle Hook punch Spinning hook kick
<b>POWERFUL WORDS</b>	Turn in one each month!
<b>GRAB DEFENSE</b>	Single arm bar
<b>WEAPON DEFENSE</b>	Gun - side
<b>KNOWLEDGE</b>	Kung Fu Knowledge 36-40
<b>DM'S</b>	Defense Maneuver # 20 Defense Maneuver # 21