

EAGLES  
WHITE BELT REQUIREMENTS



<b>FORMS</b>	BLOCKING FORM
<b>STRIKES</b>	Front punch, Back punch, Palm Heel strike, Hammer to the nose, Snap kick, Front Ball kick, Side kick, Back kick
<b>SPARRING</b>	Front shuffle with Front punch - front / rear Back shuffle with #1 and #2 blocks
<b>POWERFUL WORDS</b>	Turn in one each month!
<b>GRAB / WEAPONS DEFENSE</b>	Front choke / Front Lapel Overhead club / Side club
<b>KNOWLEDGE</b>	Kung Fu Knowledge 1-5
<b>BLOCKS</b>	8-Point Blocking System
<b>DM'S</b>	Defense Maneuver #6 Defense Maneuver #7