

TIGERS  
ORANGE BELT REQUIREMENTS



<b>FORMS</b>	KATA #2
<b>STRIKES</b>	Downward Shuto, Downward elbow, Backhand to the nose, Side elbow, Rear Flamingo push kick, Cross over back kick
<b>SPARRING</b>	Rear Flamingo push kick Back shuffle with parry block
<b>POWERFUL WORDS</b>	Turn in one each month!
<b>GRAB DEFENSE</b>	Rear bear hug
<b>KNOWLEDGE</b>	Kung Fu Knowledge 11-15
<b>BLOCKS</b>	#5 and #6 Knife hand blocks, #7 and #8 Parry blocks
<b>DM'S</b>	Defense Maneuver #2 Defense Maneuver #12 Defense Maneuver #18