

EAGLES
1st DEGREE JUNIOR BLACK BELT WHITE STRIPE
REQUIREMENTS



FORMS	Circle of the tiger Spear form
STRIKES	Side circling tigers, Inverted hanshu strike, Poison thumb, Scoop kick, Butterfly kick - front / side
SPARRING	Rear fake Blitz
POWERFUL WORDS	Turn in one each month!
ESCRIMA	Heaven
PUSH DEFENSE	Front
KNOWLEDGE	Kung Fu Knowledge: any 5 questions 1-45
DM'S	Defense Maneuver # 24 Defense Maneuver # 25