

TIGERS

1st DEGREE BROWN BELT REQUIREMENTS



FORMS	Kata #3 Dragon sword #1
STRIKES	Horizontal raking claw, Reverse crane strike, Tigers mouth to the throat, Crossing side kick, Front kick- Back kick-Side kick with one leg
SPARRING	Superman punch / Defensive crane kick
POWERFUL WORDS	Turn in one each month!
GRAB DEFENSE	Mount
WEAPON DEFENSE	Overhead club
KNOWLEDGE	Kung Fu Knowledge 31-35
DM'S	Defense Maneuver # 1 Defense Maneuver # 17 Defense Maneuver # 19