

ADULT
BLUE BELT REQUIREMENTS



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| FORMS | Kata #3 Eight Kicks of the Dragon Two man bo (Southern side) |
| STRIKES | Crossing front punch, Vertical leopard’s paw, Circle tiger to the groin, Spearhand poke, Jump spinning dragon kick, Scissors kick |
| SPARRING | Check - Ridge hand blitz Defensive side kick |
| KEMPOS | 5 Kempos |
| GRAB / WEAPONS DEFENSE | Side headlock Overhead knife |
| KNOWLEDGE | Kung Fu Knowledge 21-25 |
| BLOCKS | Defense Stance Blocking System |
| DM’S | Defense Maneuver #14 Defense Maneuver #15 Defense Maneuver #26 |