

EAGLES
GREEN BELT REQUIREMENTS



FORMS	Stature of the Crane Chain fist Two Man Bo (Northern side)
STRIKES	Trigger finger strike, Forearm strike, “U” Punch, Axe kick, Hook kick, Stepping stool kick
SPARRING	Shuffle hook kick, Hopping crane kick
POWERFUL WORDS	Turn in one each month!
GRAB DEFENSE	Hair grab
KNOWLEDGE	Kung Fu Knowledge 26-30
BLOCKS	10-Point Blocking System
DM’S	Defense Maneuver #11 Defense Maneuver #13 Defense Maneuver #16