

TIGERS
BLUE BELT REQUIREMENTS



FORMS	Eight Kicks of the Dragon
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
POWERFUL WORDS	Turn in one each month!
GRAB DEFENSE	Side headlock
KNOWLEDGE	Kung Fu Knowledge 21-25
BLOCKS	Defense Stance Blocking System
DM'S	Defense Maneuver #14 Defense Maneuver #15 Defense Maneuver #26