



Adult 1st Degree – Crane Cycle

Technique Work:

Thrusting Lance

Front Right Middle Knife Thrust

Gathering of the Snakes

*Left Step Thru Punch while second
Opponent Attempts Right Punch*

Defying the Rod

Right Front Pistol Attack

Review Clubs:

L1 Checking the Storm (R)

L2 Defying the Storm

L3 Escape the Storm

PB Destructive Fans

Destructive Kneel

Right Step thru Punch

Review Punches:

L1 Five Swords

L2 Shield and Sword

L3 Twirling Hammers

PB Cross of Death

Extensions: Yellow to Purple:

Lone Kimono Extension

Left Lapel Grab

Review Grabs:

L1 Lone Kimono

L2 Darting Mace

L3 Gripping Talons

PB Falling Falcon

Glancing Salute Extension

Right Cross Push

Review Pushes:

L1 Glancing Salute

L2 Snaking Talon

L3 Circling the Horizon

PB Broken Ram

Five Swords Extension

Right Round House Punch

Extensions: Blue to Brown:

Deflecting Hammer Extension

Left Step thru Kick

Review Kicks:

L1 Deflecting Hammer (L)

L2 Breaking the Branch

L3 Defensive Cross

PB Protective Fans

Scraping Hoof Extension

Rear Full Nelson Attempt

Review Hugs & Holds:

L1 Scraping Hoof

L2 Gift in Return

L3 Broken Gift

PB Reversing Circles

The Grip of Death Extension

Right Side Head Lock

Review Chokes and locks:

L1 The Grip

L2 Cross of Defense

L3 Escape from Death

PB Thrust into Darkness

Checking the Storm (R) Extension

Right Overhead Club Attack

Kata: Yellow to Purple: Traditional Long 4 Blue to Brown: Staff Set Bo Kata

All Review: Short 1 thru Long 3

Sets: Coordination Set 2

Flow Drill: Lock Flow 3

Stick Work: Box Sambrada



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