



## **Adult 1<sup>st</sup> Degree – Mantis Cycle**

### **Technique Work:**

**Prance of the Tiger**

*(R) Uppercut to ribs from*

**The Ram and the Eagle**

*Left Rear Shoulder Grab*

**Review Hugs & Holds:**

**L1** Thrusting Prongs

**L2** Repeated Devastation

**L3** Dominating Circles

**PB** Reversing Circles

**Piercing Lance**

*Right Straight Midsection Knife Thrust Hands up*

**Review Clubs:**

**L1** Checking the Storm (R)

**L2** Brushing the Storm

**L3** Piercing the Storm

**PB** Destructive Fans

**Leap of Death**

*Right step thru Punch*

**Review Punches:**

**L1** Reversing Mace

**L2** Flashing Wings

**L3** Circles of Protection

**PB** Cross of Death

### **Extensions: Yellow to Purple:**

**Obscure Wing Extension**

*Left Grab of Right Shoulder*

**Review Grabs:**

**L1** Obscure Wing

**L2** Begging Hands

**L3** Desperate Falcons

**PB** Falling Falcon

**Snapping Twig Extension**

*Left Straight Push*

**Review Pushes:**

**L1** Snapping Twig

**L2** Encounter Danger

**L3** Taming the Mace

**PB** Broken Ram

**Reversing Mace Extension**

*Left Step Thru Punch*

### **Extensions: Blue to Brown:**

**Intellectual Departure Extension**

*Step thru Right Front Kick*

**Review Kicks:**

**L1** Intellectual Departure (L)

**L2** Detour from Doom

**L3** Dancing in the Dark

**PB** Protective Fans

**Thrusting Prongs Extension**

*Front Bear Hug Arms Pinned*

**Twisted Twig Extension**

*Front Right Punch and a Right Wrist Lock*

*Attempt*

**Review Chokes and locks:**

**L1** Twisted Twig

**L2** Entangled Wing

**L3** Blinding Sacrifice

**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:            18 Hands of Lohan (All 5 phases)**

**Flow Drill:    Lock Flow 1**

**Stick Work:   Counters off a 2 Line**



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