



Required Techniques For 1st Brown Belt (In the order they should be taught.)

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| 1. FATAL CROSS | <i>Front Two-Hand Attempt Low Grab or Push</i> |
| 2. THRUST INTO DARKNESS | <i>Rear Right Step Through Punch</i> |
| 3. CIRCLING FANS | <i>Front Left & Right Straight Punch</i> |
| 4. DANCE OF DARKNESS | <i>Front Right Kick Followed By a Right Punch</i> |
| 5. FALCONS OF FORCE | <i>Flank Left & Right Shoulder Grab By Two Men</i> |
| 6. THE BEAR AND THE RAM | <i>Front Right Punch & Rear Bear Hug</i> |
| 7. CLIPPING THE STORM | <i>Front Right Thrusting Club</i> |
| 8. CIRCLING WINDMILLS | <i>Front Two-Hand Push Followed By a Right Punch</i> |
| 9. LEAP OF DEATH | <i>Front Right Step Through Straight Punch</i> |
| 10. PROTECTING FANS | <i>Front Left & Right Punch Combination</i> |
| 11. REVERSING CIRCLES | <i>Front Left Roundhouse Kick & Left Punch</i> |
| 12. COURTING THE TIGER | <i>Left & Right Flank Arm Shoulder Grab`s (Two Men)</i> |
| 13. GATHERING OF THE SNAKES | <i>Front Left Punch & Rear Right Punch</i> |
| 14. RAINING LANCE | <i>Front Right Step Through Overhead Knife Attack</i> |
| 15. DESTRUCTIVE FANS | <i>Left Flank Right Step Through Punch</i> |
| 16. UNFURLING CRANE | <i>Front Left & Right Punch Combi. Right Leg Forward</i> |
| 17. UNWINDING PENDULUM | <i>Front Right Kick & Right Punch Combination</i> |
| 18. GRASPING EAGLES | <i>Front Right Lapel Grab & Rear Arm Grab</i> |
| 19. PARTING OF THE SNAKES | <i>Front Right Punch & Rear Attempt By Two Men</i> |
| 20. GLANCING LANCE | <i>Front Right Step Through Knife Thrust</i> |

Form's

Long Form # 4