

1ST DEGREE BLACK BELT SYLLABUS SELF DEFENCE:

1. TWIRLING WINGS:

Left rear stiff arm shoulder grab.

2. SNAPPING TWIG:

Front left hand chest push.

***3. LEAPING CRANE:**

Front right straight step thru punch.

4. SWINGING PENDULUM:

Front right round house kick.

5. CRUSHING HAMMER:

Rear bear hug, arms pinned.

6. CAPTURED LEAVES:

Right flank finger lock..

***7. EVADING THE STORM:**

Front right over head club attack.

***8. PARTING WINGS:**

Front two hand push.

9. CHARGING RAM:

Front tackle.

***10. THUNDERING HAMMERS:**

Front right step thru straight punch.

11. SQUEEZING THE PEACH:

Rear bear hug, arms pinned.

12. CIRCLING WING:

Rear two hand choke, arms bent.

13. CALMING THE STORM:

Front right step thru round house club attack.

***14. DARTING MACE:**

Front two hand wrist grab.

15. HOOKING WINGS:

Front two hand low push.

***16. SHIELD AND SWORD:**

Front left straight thru punch.

17. GIFT IN RETURN:

Handshake.

18. BOW OF COMPULSION:

Front wrist lock against opponents chest..

***19. OBSTRUCTING THE STORM:**

Front right over head club attack.

***20. TWIN KIMONO:**

Front two hand lapel grab, pushing out..

21. SLEEPER:

Front right step thru straight punch.

22. SPIRALLING TWIG:

Rear bear hug, arms free.

23. CROSS OF DESTRUCTION:

Rear two hand choke.

24. FLIGHT TO FREEDOM:

Rear hammer lock.

SETS:

FINGER SET 2.

FORMS:

TWO MAN FORM.
OWN FORM.

INSTRUCTION:

DEMONSTRATE ABILITY TO INSTRUCT GREEN BELT SYLLABUS.

*NB DENOTES JUNIOR SYLLABUS REQUIREMENTS.