



White Tiger Kenpo Jujits

1st Brown Belt



1. Evasion of the Dragon: <i>right overhead club</i>	16. Dancing Dragon: <i>right punch</i>
2. Bowing to the Dragon: <i>right left punch</i>	17. Capturing the Wind: <i>right punch</i>
3. The Dragons Hammer: <i>right punch, left grab</i>	18. Swinging Pendulum: <i>right front snap kick</i>
4. The Dagger AB: <i>right punch</i>	19. Twisting Staves: <i>front Snap kick</i>
5. Mantis: <i>cross arm wrist grab</i>	20. Guiding the Staff: <i>right punch back against wall</i>
6. Dancing Mantis: <i>right or left punch from side</i>	21. Cyclone: <i>left punch</i>
7. Sticks of Satin AB: <i>right overhead club attack</i>	22. Double Spears ABCD: <i>left punch</i>
8. Vipers Coil: <i>right hammerlock from behind</i>	23. Destructive Wind left: <i>straight punch</i>
9. Advancing Hammers: <i>right punch</i>	24. Whirling Thorn right: <i>overhead knife attack</i>
10. Sweeping Arm Hook: <i>roundhouse club</i>	25. Thunder in Darkness: <i>right punch</i>
11. Snapping Twigs: <i>left grab, right punch</i>	26. Advancing Storm AB: <i>right punch</i>
12. Breaking the Yoke: <i>right punch</i>	27. Attacking Mantis: <i>right punch</i>
13. Prayer of Death: <i>right kick to face while on knee</i>	28. Dance of the Dragon: <i>combination punch</i>
14. Caught in the Nettles: <i>right punch, right kick</i>	29. Praying at the Wall: <i>right hook against wall</i>
15. Crane Defends its Nest: <i>offensive motion</i>	30. Dance of the Crane: <i>push</i>

**Forms
Tiger and Crane**