



White Tiger Kenpo Jujits



Green Belt

1. **Prayer of the Dragon:** *right hook, from right lead*
2. **Turning the Key AB:** *offensive movement – back*
3. **The Butterfly AB:** *right straight punch*
4. **Whirling Warrior ABC:** *right straight punch*
5. **Flowing Hands:** *two man attack*
6. **Whirling Blades AB:** *two man attack*
7. **Whirlwind:** *Left grab to shoulder, right punch*
8. **Crossing Hammers AB:** *left punch*
9. **Two man Swinging Gate:** *two man attack*
10. **Shogun AB:** *straight arm wrist grab*
11. **Knee Sweep:** *two man attack*
12. **Kung Fu Wrist AB:** *Two man attack*
13. **Stone Warrior:** *double Shoulder grab*
14. **Praying Mantis AB:** *right or left punch*
15. **Drums of Manchu:** *left right punch combination*
16. **Sowing the Seeds AB:** *right straight punch*
17. **Flashing Wings:** *right straight punch*
18. **Parting the Waves AB:** *right or left punch*
19. **Winding Limbs ABC:** *right or left punch*
20. **Brushing Wind:** *right punch, right side*
21. **Thundering Hammers:** *right straight punch*
22. **Checking the Tide:** *right punch, right snap kick*
23. **Crossing the Mountain:** *left right punch*
24. **Whirling Leaves ABC:** *left right punch*
25. **Sweeping Wings:** *right front snap kick*
26. **Kneeling Tiger:** *defense against a knee, while on left knee*
27. **The Lotus:** *combination punch from side*
28. **Attacking the Wall AB:** *right straight punch*
29. **7 Swords:** *right straight punch*
30. **Reversing Hammers:** *left straight punch*

Mass Attacks
Short 4