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White Tiger Kenpo Blue Belt Requirements

2. Bridging the Gab 3. Advancing Phoenix AB 4. Two Headed Serpent AB 5. Reversing Grasp AB 6. Reaching for the Moon AB 7. Flashing Daggers ABC 8. Bending the Limb AB 9. Wrap Arounds ABC 10. Crouching Falcon 11. Darting Serpent 12. Silk Wind (Winding Silk) 13. Capturing the Leaves 14. Crossing the Lock AB 15. Darkness AB 16. Spinning from the Sun AB 17. Folding Wings 18. Vise 19. Dancing with the Flame AB 20. Stretching the Bow ABC 21. Arcing Blades 22. Circle of China 23. Calming the Storm 24. Returning Thunder 25. Chokes and Strangles Part II 26. The Serpent	
26. The Serpent27. Broken Staff28. Circling Serpent AB29. Chinese "L" Choke AB	

Short 3 Long 2

Defense:

Left steps to 10:30, right threading the needle followed by a right roundhouse kick to groin then a left inverted punch to ribs follow up with a left knee to thigh, right knee to body.











2. Bridging the Gap: Two hand push

Defense:

Right foot shuffles to 12:00 as you do a double hooking block, to inside of wrists followed by double vertical punches to ribs then a double back knuckle to temple double finger strike into eyes.









3. Advancing Phoenix AB: right punch, left hand grab

Defense A:

Left hand pins opponent's left hand, right inward block to right punch, right front snap kick to groin. Drive right elbow into opponent left arm followed by a right uppercut elbow strike to chin then a right downward claw to face.









Defense B:

Left hand pins opponent's left hand, right forearm strike to outside of opponent left elbow, right front snap kick to groin. Drive right elbow into opponents left arm followed by a right uppercut elbow strike to chin then a right downward claw to face.







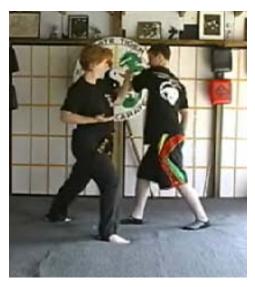


Defense A:

Step right to 12:00 followed by a U punch to 12:00, step right to 3:00 with a left parry, right vertical outward block then a left eye strike followed up with a right punch to ribs











Step right to 12:00 followed by a U Punch to 12:00 then step right to 3:00 with a left parry, right vertical outwards block then left hand grabs behind head, right heel palm to jaw turn head as you drop opponent onto your knee left elbow to chest











Defense: A

Right hand circles to outside pulling back into chamber breaking opponents grip. Then throw a right Vertical Punch to ribs followed by a knuckle rake to face then a right forearm strike to head. Right hand hooks behind neck, pulling opponent face into left knee then a left elbow strike between shoulder blades. Left hand hooks chin, twist chin CCW to throw or break opponents neck





