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# **Green Belt Requirements**

1. Prayer of the Dragon	Right hook punch right
lead	
	Offensive movement from behind (Jailer
Technique)	Right straight
punch	Kight straight
1	Right straight
punch	
5. Flowing Hands	Two man attack one on each
side	
-	Right straight
punch	
	Left grab to right shoulder, right straight
punch 8. Crossing Hammors A.P.	Left
punch	Len
	Two man attack one in front and one
back	
	Straight arm wrist
grab	
11. Knee Sweep	Two man attack one on each
arm	
12. Kung Fu Wrist AB	Two man attack two hands on each
arm	
	Double Shoulder
grab	Right or left
punch	Right of left
	Left right punch
combination	–
16. Sowing the Seeds AB	Right straight
punch	
17. Flashing Wings	Right straight
punch	
-	(A) Right punch right foot forward (B) Left foot
forward	Dickt on loft straight
punch	Right or left straight
1	Right straight punch, right
side	Right straight punch, right
	Right straight
punch	
22. Checking the Tide	Right punch followed by a right front snap
kick	
-	Left right straight
punch	
-	(AB) Left right punch from side (C) From
front	

25. Sweeping Wings	Right front snap
kick	
26. Kneeling Tiger	Defense against a knee while down on left
knee	
27. The Lotus	Right left or left right 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

## 1. Prayer of the Dragon: right hook punch right lead

#### **Defense:**

Left foot steps to 11:30 along with a left Camming block followed by a right Heel Palm strike to side of jaw. Left hand will grab hair as you step back left then twist head, drop to right knee as you drive opponents back onto your knee followed by a right elbow to face.



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## 2. Turning the Key AB: offensive movement from behind

#### **Defense A:**

Grab both opponents' shoulders as you do a right side thrust kick to back of left knee twisting the opponent's shoulders towards 6:00. Step back to 6:00 as you do a Rear Lever Throw followed by a right knee to chest.





#### **Defense B:**

Grab both opponents' shoulders followed by a right instep stomp kick to back of opponents left knee. Plant kick at 9:00 as you do a Rear Lever Throw followed by a right knee into opponents chest.



# 3. The Butterfly AB: right punch

## Defense A:

Left foot steps to 10:30 as you do a right Vertical Outward block along with a left hooking block that joins together into a butterfly strike to rib cage.





### **Defense B:**

Left foot steps to 10:30 along with a left Inward Block, left hand will snake under arm and apply a reverse hammerlock. Right hand will come up and grab arm and pull arm toward you as you bring up your right knee into face and then throw opponent forward.



## 4. Whirling Warrior ABC: right punch

#### **Defense A:**

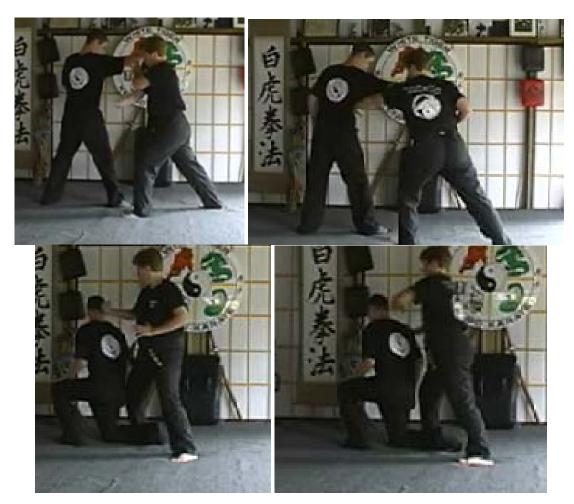
Left foot steps to 10:30 along with a left parry and a right middle knuckle rake through rib cage. Then sweep right foot to 3:00 facing 1:30 followed by a left chop to rib cage. Right front snap kick to knee then a left eye strike and a right ridge hand to groin.





#### **Defense B:**

Left foot steps to 10:30 along with a left parry and a right middle knuckle rake through rib cage. Then sweep right foot to 3:00 facing 1:30 followed by a left chop to rib cage. Right back knuckle to face then a left heel palm followed by a left claw pulling opponent onto there back.





### **Defense C:**

Left foot steps to 10:30 along with a left parry and a right middle knuckle rake through rib cage. Then sweep right foot to 3:00 facing 1:30 followed by a left chop to rib cage.



### 5. Flowing Hands: two man attack

#### **Defense:**

Right foot steps to 2:30 followed by a right wing chop to throat then right foot steps to 10:30 followed by a right eye rake, left chop to throat. Left foot sweeps back to 10:30 as your right hand does a clearing motion then do a right front snap kick, right back kick.