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Green Belt Requirements

1. Prayer of the Dragon----- Right hook punch right lead
2. Turning the Key AB----- Offensive movement from behind (Jailer Technique)
3. The Butterfly AB----- Right straight punch
4. Whirling Warrior ABC----- Right straight punch
5. Flowing Hands----- Two man attack one on each side
6. Whirling Blades AB----- Right straight punch
7. Whirlwind----- Left grab to right shoulder, right straight punch
8. Crossing Hammers AB----- Left punch
9. Two man Swinging Gate----- Two man attack one in front and one back
10. Shogun AB----- 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
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----- (A) Right punch right foot forward (B) Left foot forward
19. Winding Limbs ABC ----- Right or left straight punch
20. Brushing Wind ----- Right straight punch, right side
21. Thundering Hammers----- Right straight punch
22. Checking the Tide----- Right punch followed by a right front snap kick
23. Crossing the Mountain----- Left right straight punch
24. Whirling Leaves ABC----- (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.





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.