

# Adult Black Belt Requirements

## Yellow Belt

1. Japanese Stranglehold A, B, C
2. Blocking the Kick A, B
3. Passing the Horizon
4. Crashing Elbows
5. Breaking the Cross

## Orange Belt

1. Headlock
2. Kimono Grab
3. Bridge
4. Locking Arm
5. Windmill Guard
6. Crossing Talon
7. Opponents at Sides
8. Flowing Hands
9. Sumo
10. Crash of the Eagle
11. Dancer
12. Retreating form the Horizon
13. Lever A, B
14. Scimitar
15. Reverse Hammerlock
16. Aiming the Spear
17. Rocking Elbows
18. Encircling Arms A. B.
19. Raising the Staff
20. Cutting the Pagoda

## Purple Belt

1. Crane Leap
2. Shackle Break A, B
3. Drawbridge A, B
4. Opening the Cowl A, B
5. Arm Hook
6. Crouching Falcon
7. Arching Blades
8. Returning Viper
9. Circling Serpent
10. Darkness
11. Sticks of Satan
12. Bowing to Buda A, B
13. Kung Fu Cross
14. Divided Swords
15. Sweeping Arm Hook
16. Attack from the Temple A, B
17. Spinning from the Sun
18. Striking Serpent
19. Broken Staff
20. Chinese L Choke

## Blue Belt

1. Bending Limb
2. Two Headed Serpent
3. Darting Serpent
4. Clawing Panther
5. Thundering Hammers
6. Swinging Gate A
7. Retreating Phoenix
8. Spear of Jade

## Blue Belt – Continued

9. Missing the Leap
10. Grasping Talon
11. Double Blades
12. Five Swords
13. Hidden Fist
14. Leveling the Clouds
15. Plucking a Bird from the Sky
16. Monkey Elbow
17. Striking Asp
18. Circles of Glass
19. Flashing Daggers
20. Sleeper

## Green Belt

1. Water Wheel
2. Startled Cat
3. The Daggers
4. Cobra and Mongoose
5. Locking Gate
6. Sweeping Reeds
7. Whirling Mantis
8. Striking Mace
9. Chinese Cobra
10. Rising Kick
11. Tumbling Clouds
12. Ming's Sword
13. Dance of the Mongoose
14. Silent Escape
15. Stretching the Bow
16. Bending Reeds
17. Swinging Gate B
18. Offer of Dust
19. Fish Hook
20. Raising the Sword

## Brown Belt

1. Thrusting Limb
2. Guiding the Staff
3. Whirling Thorns
4. Dropping the Staff
5. Covering Talon A, B, C
6. Crossing Hooks
7. The Escape
8. Mantis
9. Diving Hawk
10. Crossing Swords
11. Stone Warrior
12. Sweeping Branches
13. Twisting Staves
14. Parting the Reeds
15. The Vice
16. Twisted Knee
17. Wedge A, B, C
18. Breaking the Staves
19. Chinese Pincer A, B
20. Double Spears A, B

## Red Belt

1. Praying Mantis
2. Drums of Manchu
3. Sowing the Seeds
4. Hands of Jade A, B
5. Winding Limb A
6. Winding Limb B
7. Lever of Ming
8. Slapping Silk A, B
9. The Lion
10. Bending the Staff
11. Double Lance
12. Turning the Key
13. Eagle's Talon
14. The Rake
15. Falling Hammers
16. Brushing Wind
17. Returning Fist
18. Dance of the Dragon
19. Sweeping Wings
20. The Lotus

## Red-Black Belt

1. Striking Fang
2. Slicing Dragon
3. Crossing the Sun A, B, C
4. Wing Break
5. Snapping Twig
6. Prayer of Death
7. Attacking the Wall
8. Blocking the Sun
9. Prancing of the Tiger
10. Legions of Ming
11. Shaolin Warrior
12. Covering the Flame
13. Crossing the Mountain
14. Knee Sweep
15. Rocker
16. Chinese Junk A, B
17. Eagle's Pin
18. Parting Waves
19. Dance of Death

## Kata's

- Chinese Forms 1, 2, 3, 4, 5, 6  
 Universal Drills 1, 2, 3, 4  
 Finger Set, Moving Finger Set  
 Mass Attack  
 Tiger  
 Nahanchin 1, 2, 3  
 Book Set  
 Dancing Cat 1 & 2  
 Rushing Fist 1 & 2  
 Nunchaku Kata  
 Original Black Belt Kata  
 1<sup>st</sup> Stripe \_\_\_\_\_  
 2<sup>nd</sup> Stripe \_\_\_\_\_  
 3<sup>rd</sup> Stripe \_\_\_\_\_

Name \_\_\_\_\_ Date: \_\_\_\_\_

**Basic Requirements**

**Hand/Elbow Strikes**

**Kicks**

**Blocks**

**Stances**

**Arnis**

-----**Yellow Belt**-----

Reverse Punch  
Palm Heel  
Horizontal Elbow  
Vertical Elbow  
Backward Elbow  
Tiger Claw  
Inward Knife Hand  
Reverse Bow Hammer Fist  
Overhead Hammer Fist  
Lunge Punch

Front Snap  
Front Thrust  
Rear Thrust  
Side Thrust  
Roundhouse  
Combination  
3 Directional  
Crossing Side

Upward  
Inward  
Outward  
Downward  
Downward Crossing  
Upward Crossing  
Five Star  
Downward Push  
Block

Natural  
Neutral  
Square Horse  
Open High Guard  
Closed High Guard  
Hard Bow  
Soft Bow  
Reverse Bow

12 Basic Strikes  
12 Basic Blocks  
Trapping Hands  
**Striking Styles**  
Abanico, Up & down  
Rompida, Banda y Banda  
Figure 8, Single Sinawali

-----**Orange Belt**-----

Outward Knife Hand  
Half Fist  
Ridge Hand  
Spear Hand  
Web Hand  
Back fist  
Vertical Fist  
Corkscrew  
Inverted

Defensive Wheel  
Offensive Wheel  
Shuffle Front  
Spinning Rear  
Low-High Wheel  
Low-High Roundhouse

Outward Knife Hand  
Inward Parry  
Sweeping  
Brush  
Windmill  
Sickle

Cat Stance

Double Sinawali  
Reverse Sinawali  
Block/Check/Counter (12 Ang)  
12 Disarms,  
Espada y Daga,  
Empty hand 1-2 drill

-----**Purple Belt**-----

Middle Finger Fist  
Two Finger Spear  
Fore Finger Thrust  
Outer Wrist Strike  
Inner Wrist Strike  
Descending Elbow  
L-Punch

Sliding Side  
Hopping Side  
Stomp  
Knee  
Defensive Hook  
Offensive Hook  
Spinning Hook

Low Forearm  
Double Forearm  
Shoulder  
High-Low Palm heel  
Down Out Parry

Crane  
Twisted

6 count drill  
Obstruction Removal Empty  
Obstruction Removal Stick  
  
10 count Dance of Pain

-----**Blue Belt**-----

U-Punch  
Finger Rake  
Finger Flick

Inward Crescent  
Outward Crescent  
Axe  
Spinning Side

Back  
Tiger  
Low Stance

-----**Green Belt**-----

Thumb Thrust  
Cobra Strike

Spinning Crescent  
Scoop  
Back Leg Hook  
Pull – Side, Wheel,  
Front, Hook

Arm Traps  
Fish Hook Block  
  
Break falls

Dragon  
Twisted Dragon  
  
Sweeps

-----**Brown Belt**-----

Chicken Beak  
Back Knuckle Rake

Jump Spinning Crescent  
Jump Spinning Rear  
Chicken (Front, Wheel,)

Kneeling  
Hourglass

-----**Red Belt**-----

Spinning Back fist

Mantis Stance

-----**Other Requirements**-----

100 Hours Serving as Instructor/Assistance Instructor  
Martial Arts Thesis, 2-4 type written pages  
Reading Selections assigned by Chief Instructors