

# High Green

Technique	Instr	Date	I	C
11. Hand Set (Second Half)				
12. Leopard				
13. Mongoose				
14. Head of the Crane				
15. Cobra and the Crane				
16. Winged Satan				
17. Strike of the Cobra				
18. Shu' Yon'				
Review All Lower belt level techniques and upgrade to green level				
Test Date:				
Tested By:				
Instructor:				
Notes:				

Blocks & Hand Weapons	Instr	Date	I	C
Softhand				
Cobra Strike, Step in Left, Grab Head Left Hand, Elbow Right				
Rolling Inward Chop- Forward				
Downward Outward Rolling Block to Cobra Strike				
Review and upgrade all lower blocks and hand weapons				
<b>Kicks</b>				
Heel Rake				
Hooker Kick to Spinning Elbow				
Front Foot Wheel Kick				
Front Foot Wheel Kick, Wipe down, Punch				
Step-away Rear Kick				
Spinning Rear Kick to Step-away Rear Kick				
Inward Outward to Hooker Kick				
Spinning Rear Kick to Hammerfist				
Review and upgrade all lower Kicks				

Comment [PW1]:

