

Low Green

Technique	Instr	Date	I	C
1. Flash of White Right				
2. Flash of White Left				
3. Attacking the Hun				
4. Stopping the Warrior				
5. Twisting Cobra				
6. Mantis & the Mongoose				
7. Panther				
8. Wings of the Crane				
9. Bai He'				
10. Hand Set (First half)				
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				

Kicks				
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]:

