

Belt Requirements

Phase 1 Block #5

Katas/Forms

- ◆ Form: TBA
- ◆ Kick Boxing Set Three

Memory Verses

- ◆ TBA

Self Defense

- ◆ Twirling Wings
- ◆ Snapping Twig
- ◆ Leaping Crane
- ◆ Buckling Branch
- ◆ Crushing Hammer
- ◆ Captured Leaves
- ◆ Calming the Storm
- ◆ Crossing Talon

Free Style Sparring Patterns

- ◆ TBA

School Creed

I will develop myself in a positive manner and avoid anything that would reduce my mental growth or physical health.

I will develop self-discipline in order to bring out the best in myself and others.

I will use what I learn in class constructively and defensively to help myself and fellow man and never to be abusive or offensive.