

## **BROWN BELT FIRST DIVISION**

### **SELF DEFENCE TECHNIQUES**

THE 24 ORANGE BELT TECHNIQUES  
WITH EXTENSIONS

### **FORMS & SETS**

TIGER AND CRANE –4 SIDES

KICKING SET –2

BROWN 2 MULTI OPPONENT SET

### **ALL PREVIOUS BELT REQUIREMENTS**

## **BLACK BELT FIRST DEGREE**

### **SELF DEFENCE TECHNIQUES**

THE 24 PURPLE BELT TECHNIQUES WITH EXTENSIONS

### **FORMS & SETS**

LONG FORM 5

ORIGINAL 2 MAN SET

BLACK 1 MULTI OPPONENT SET

## **BLACK BELT SECOND DEGREE**

### **SELF DEFENCE TECHNIQUES**

THE 24 BLUE BELT TECHNIQUES WITH EXTENSIONS

### **FORMS & SETS**

FINGER SET 1, POLE SET 1,2 ( DRAGON POLE):BLACK 2 MULTI OPPONENT  
SET

## **BLACK BELT THIRD DEGREE**

### **SELF DEFENCE TECHNIQUES**

THE 24 GREEN BELT TECHNIQUES WITH EXTENSIONS

### **FORMS & SETS**

LONG FORM 6: BLACK 3 MULTI OPPONENT SET

## **BLACK DRAGON**

### **ADVANCED TECHNIQUE**

SELF DEFENCE AND OFFENSIVE

MANOEUVRES FOR—1—SINGLE & DOUBLE STICK 2—FOR LONG AND  
SHORT POLE 3—FOR SINGLE AND DOUBLE KNIFE

4--COMBINATIONS ( WITH REFERENCE TO FORMS 7,8 AND DRAGON POLE)

### **FORMS & SETS**

FORM 7

FORM 8

BOW SET (EXTEMPORANEOUS)

THE TECHNIQUE SETS (250 TECHNIQUES) PERFORMED AS ONE FORM

