



Adult 1st Degree – Eagle Cycle

Technique Work:

Falcons of Force

Review Hugs & Holds:

L1 Spreading the Branch
L3 Tripping Arrow

Two Person Shoulder Grab

L2 Crashing Wings
PB Intercepting the Ram

Unfolding the Dark

Review Kicks:

L1 Deflecting Hammer (R)
L3 Circle of Doom

Left Step thru Punch from the Right Rear Flank

L2 Buckling Branch
PB Glancing Spear

Raining Lance

Review Clubs:

L1 Checking the Storm (L)
L3 Capturing the Storm

Right Overhead Knife Attack

L2 Evading the Storm
PB Circling Fans

Courting the Tiger

Review Grabs:

L1 Sword and Hammer
L3 Raking Mace

Grab of Shoulder and Wrist Both Sides

L2 Obscure Sword
PB Menacing Twirl

Extensions: Yellow to Purple:

Sword and Hammer Extension

Left Hand Shoulder Grab

Aggressive Twins Extension

Review Pushes:

L1 Aggressive Twins
L3 Kneel of Compulsion

Two Handed Low Push

L2 Parting Wings
PB Leap from Danger

Windmill Guard Extension

Review Punches:

L1 Windmill Guard
L3 Shield and Mace

Right Straight Punch

L2 Raining Claw
PB Glancing Wing

Extensions: Blue to Brown:

Deflecting Hammer Extension

Right Step thru Front Kick

Spreading the Branch Extension

Rear Bear Hug Arms Pinned

Passing the Horizon Extension

Review Chokes and locks:

L1 Passing the Horizon
L3 Fallen Cross

Rear Hammer Lock

L2 Captured Leaves
PB Unwinding Pendulum

Checking the Storm (L) Extension

Left Overhead Club Attack

Skills:

Kata: Yellow to Purple: Traditional Long 4 Blue to Brown: Djuru Satu

All Review: Short 1 thru Long 3

Sets: Stance Set 2

Flow Drill: Multi Style Flow Drill

Stick Work: Counters off a 3 Line