



Adult 1st Degree – Tiger Cycle

Technique Work:

Snakes of Wisdom

Review Grabs:

L1 Clutching Feathers
L3 Conquering Shield

Wrist and Shoulder Grab Both Flanks

L2 Charging Ram
PB Menacing Twirl

Broken Rod

Review Clubs:

L1 Checking the Storm (L)
L3 Clipping the Storm

Rear Pistol Attack

L2 Obstructing the Storm
PB Circling Fans

Escape from Darkness

Review Punches:

L1 The Dance
L3 Gathering Clouds

Right Punch from the Left Rear Flank

L2 Thundering Hammers
PB Glancing Wing, Entwined Maces

Parting of the Snakes

Front Right Punch and a Rear Attempted Punch

Extensions: Yellow to Purple:

Clutching Feathers Extension

Left Hand Hair Grab

Triggered Salute Extension

Review Pushes:

L1 Triggered Salute
L3 Circling Windmills

Right Straight Push

L2 Thrusting Wedge
PB Leap from Danger

The Dance Extension

Left Fake Jab Right Reverse Punch

Extensions: Blue to Brown:

Intellectual Departure Extension

Review Kicks:

L1 Intellectual Departure
L3 Deceptive Panther

Step thru right Front Kick

L2 Hugging Pendulum
PB Glancing Spear

The Gift Extension

Review Hugs & Holds:

L1 The Gift
L3 Squatting Sacrifice

Right hand Shake/Grab

L2 Squeezing the Peach
PB Intercepting the Ram

Locking Horns Extension

Review Chokes and locks:

L1 Locking Horns
L3 Wings of Silk

Right Front Head Lock

L2 Bow of Compulsion
PB Unwinding Pendulum

Checking the Storm (L) Extension

Left Overhead Club Attack

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

All Review: Short 1 thru Long 3

Sets: Blocking Set 2

Flow Drill: Sarmiento Drill

Stick Work: Counters off a 5 Line