



Adult 1st Degree – Mantis Cycle

Technique Work:

Prance of the Tiger

(R) Uppercut to ribs from

The Ram and the Eagle

Left Rear Shoulder Grab

Review Hugs & Holds:

L1 Thrusting Prongs

L2 Repeated Devastation

L3 Dominating Circles

PB Reversing Circles

Piercing Lance

Right Straight Midsection Knife Thrust Hands up

Review Clubs:

L1 Checking the Storm (R)

L2 Brushing the Storm

L3 Piercing the Storm

PB Destructive Fans

Leap of Death

Right step thru Punch

Review Punches:

L1 Reversing Mace

L2 Flashing Wings

L3 Circles of Protection

PB Cross of Death

Extensions: Yellow to Purple:

Obscure Wing Extension

Left Grab of Right Shoulder

Review Grabs:

L1 Obscure Wing

L2 Begging Hands

L3 Desperate Falcons

PB Falling Falcon

Snapping Twig Extension

Left Straight Push

Review Pushes:

L1 Snapping Twig

L2 Encounter Danger

L3 Taming the Mace

PB Broken Ram

Reversing Mace Extension

Left Step Thru Punch

Extensions: Blue to Brown:

Intellectual Departure Extension

Step thru Right Front Kick

Review Kicks:

L1 Intellectual Departure (L)

L2 Detour from Doom

L3 Dancing in the Dark

PB Protective Fans

Thrusting Prongs Extension

Front Bear Hug Arms Pinned

Twisted Twig Extension

Front Right Punch and a Right Wrist Lock

Attempt

Review Chokes and locks:

L1 Twisted Twig

L2 Entangled Wing

L3 Blinding Sacrifice

PB Thrust into Darkness

Checking the Storm (R) Extension

Right Overhead Club Attack

Kata: Yellow to Purple: Traditional Long 4 Blue to Brown: Staff Set Bo Kata

All Review: Short 1 thru Long 3

Sets: 18 Hands of Lohan (All 5 phases)

Flow Drill: Lock Flow 1

Stick Work: Counters off a 2 Line