



Adult 1st Degree – Leopard Cycle

Technique Work:

Marriage of the Rams

Review Grabs:

L1 Crossing Talons
L3 Obscure Claws

Wrist and Shoulder Grab From Both Sides

L2 Twin Kimono
PB Menacing Twirl

The Bear and the Ram

Review Punches:

L1 Shielding Hammer
L3 Circling Destruction

Rear Bear Hug Arms Free
Right Punch from Front

L2 The Sleeper
PB Glancing Wing

Entwined Lance

Right Knife Thrust to the Neck

Twisted Rod

Review Clubs:

L1 Checking the Storm (L)
L3 Circling the Storm

Front Gun Attack

L2 Returning the Storm
PB Circling Fans

Extensions: Yellow to Purple:

Crossing Talons Extension

Right Cross Wrist Grab

Repeating Mace Extension

Review Pushes:

L1 Repeating Mace
L3 Back Breaker

Left Cross Push

L2 Twist of Fate
PB Leap from Danger

Shielding Hammer Extension

Left Roundhouse Punch

Extensions: Blue to Brown:

Thrusting Salute Extension

Review Kicks:

L1 Thrusting Salute (R)
L3 Bowing Buddha

Right Step thru Front Kick

L2 Retreating Pendulum
PB Glancing Spear

Striking Serpent Extension

Review Hugs & Holds:

L1 Striking Serpent
L3 Twirling Sacrifice

Front Bear Hug Arms Free

L2 Spiraling Twig
PB Intercepting the Ram

Locked Wing Extension

Review Chokes and locks:

L1 Locked Wing
L3 Heavenly Ascent

Rear Right Hammer Lock

L2 Flight to Freedom
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: Progressive Stance Set

Flow Drill: Counter Point Flow Drill

Stick Work: Counters off a 1 Line