



## **Adult 1<sup>st</sup> Degree – Crane Cycle**

### **Technique Work:**

**Thrusting Lance**

*Front Right Middle Knife Thrust*

**Gathering of the Snakes**

*Left Step Thru Punch while second  
Opponent Attempts Right Punch*

**Defying the Rod**

*Right Front Pistol Attack*

**Review Clubs:**

**L1** Checking the Storm (R)

**L2** Defying the Storm

**L3** Escape the Storm

**PB** Destructive Fans

**Destructive Kneel**

*Right Step thru Punch*

**Review Punches:**

**L1** Five Swords

**L2** Shield and Sword

**L3** Twirling Hammers

**PB** Cross of Death

### **Extensions: Yellow to Purple:**

**Lone Kimono Extension**

*Left Lapel Grab*

**Review Grabs:**

**L1** Lone Kimono

**L2** Darting Mace

**L3** Gripping Talons

**PB** Falling Falcon

**Glancing Salute Extension**

*Right Cross Push*

**Review Pushes:**

**L1** Glancing Salute

**L2** Snaking Talon

**L3** Circling the Horizon

**PB** Broken Ram

**Five Swords Extension**

*Right Round House Punch*

### **Extensions: Blue to Brown:**

**Deflecting Hammer Extension**

*Left Step thru Kick*

**Review Kicks:**

**L1** Deflecting Hammer (L)

**L2** Breaking the Branch

**L3** Defensive Cross

**PB** Protective Fans

**Scraping Hoof Extension**

*Rear Full Nelson Attempt*

**Review Hugs & Holds:**

**L1** Scraping Hoof

**L2** Gift in Return

**L3** Broken Gift

**PB** Reversing Circles

**The Grip of Death Extension**

*Right Side Head Lock*

**Review Chokes and locks:**

**L1** The Grip

**L2** Cross of Defense

**L3** Escape from Death

**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:            Coordination Set 2**

**Flow Drill:    Lock Flow 3**

**Stick Work:    Box Sambrada**