



International

Black Belt Academy

Advanced Tigers - Crane Cycle

“Crane Series”

ATTACKREQUIRED TECHNIQUES

Right Cross Wrist Grab

Right Grab

Right Round Punch

Review Overhead Strike

Circling Twig

Sword in Return

Kick in Return

Upward Defense A & B

FREE STYLE COMBINATIONS

Crane 1. - Vertical Punch / Shuffle Front Snap Kick

Review - Lion, Cobra, Mongoose, Tiger

*BASIC KICKS:*Front Kick (Lead Leg and Rear Leg)
Side Kick (Lead Leg and Rear Leg)
Round Kick (Lead Leg and Rear Leg)
Back Kick (Lead Leg and Rear Leg)

ADVANCED KICKS

Half Round

KATA

Universal Form One Basic Version

Review: Traditional form #1

BLACK BELT CLUB MATERIAL:

Eighteen Hands of Lohan

Nunchaku skills: Basic form A

Required Equipment: Hand Pads, Foot Pads, Head Gear, Current UMAA membership (Includes: Patches and belt certificates with each test).