



DRAGON BLACK BELT



TECHNIQUES

___ ___ 031. TWIN KIMONO	Two-Hand Shirt Grab, Push Back
___ ___ 032. PARTING WINGS	Two-Hand Shoulder Push
___ ___ 033. THUNDERING HAMMERS	Right Step-Through Punch
___ ___ 034. SWINGING PENDULUM	Right Step-Through Roundhouse Kick
___ ___ 035. OBSCURE WING	Rear Left-Hand Right Shoulder Grab
___ ___ 036. GRIP OF DEATH	Left Side, Right Arm Headlock

FORMS & SETS

___ ___ Kick Set A ___ ___ Block Set A
___ ___ Universal 1 ___ ___ Universal 2

BLACK BELT MOTTO

EXCELLENCE IS A JOURNEY