



# DRAGON BROWN BELT

## TECHNIQUES

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___ ___ 031. EVADING THE STORM	Two-Hand Overhead Club Attack
___ ___ 032. CROSSING TALON	Right Cross Wrist Grab
___ ___ 033. RAINING CLAW	Right Uppercut Punch
___ ___ 034. REVERSING MACE	Left Step-In Punch
___ ___ 035. SPIRALING TWIG	Rear Bear hug, Arms Free

## FORMS & SETS

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\_\_\_ \_\_\_ Striking Set

## BASICS

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STRIKES  
Knee Sandwich  
Thumb Thrust

STANCES  
Wide Kneel

KICKS  
Spinning Back  
Spinning Side  
Spinning Hook

## BROWN BELT MOTTO

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