



# JUNIOR BLACK BELT



## TECHNIQUES

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_____	_____	<b>076. FATAL CROSS</b>	Two Hand Low Push
_____	_____	<b>078. DESTRUCTIVE KNEEL</b>	Right Step-Thru Overhead Punch
_____	_____	<b>079. DANCE OF DARKNESS</b>	Right Front Kick, Right Punch Combo
_____	_____	<b>081. UNWINDING PENDULUM</b>	Right Front Kick, Right Punch Combo
_____	_____	<b>082. REVERSING CRICLES</b>	Left Roundhouse Kick, Left Punch Combo
_____	_____	<b>084. CIRCLING WINDMILLS</b>	Right Step-Thru Overhead Punch

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_____	_____	<b>085. DEFENSIVE CROSS</b>	Right Step-Thru Front Kick
_____	_____	<b>086. BOWING TO BUDDHA</b>	Right Roundhouse Kick to Head (from knee)
_____	_____	<b>087. PRANCE OF THE TIGER</b>	Right-Flank Uppercut Punch
_____	_____	<b>088. TWIRLING HAMMERS</b>	Right Straight Shuffle Punch
_____	_____	<b>090. GATHERING CLOUDS</b>	Right Straight Shuffle Punch
_____	_____	<b>091. CIRCLES OF PROTECTION</b>	Right Step-Thru Overhead Punch

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## FORMS & SETS

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\_\_\_\_\_ Own Form (20 techniques)                      \_\_\_\_\_ Universal Form 9

## BLACK BELT MOTTO

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EXCELLENCE IS A JOURNEY

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