



## DRAGON GREEN BELT



### TECHNIQUES

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___ ___ 031. TWIRLING WINGS	Two-hand Rear Shoulder Grab
___ ___ 032. LEAPING CRANE	Right Step-through Punch
___ ___ 033. BUCKLING BRANCH	Left Step-Through Kick
___ ___ 034. CRUSHING HAMMER	Rear Bear Hug, Arms Pinned
___ ___ 035. SHIELDING HAMMER	Left Hooking Punch

### FORMS & SETS

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\_\_\_ \_\_\_ Finger Set

### BASICS

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#### STRIKES

Slicing Middle Knuckle  
Looping Backfist

#### MANUEVERS

Back rolls

#### STANCES

One-legged

### GREEN BELT MOTTO

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ONE LESSON AT A TIME