



BLUE BELT - 2nd. Rokkyu

Objective:	Precision and power in kicks
Stances:	Snake stance
Hand strikes:	Dropping ridge hand, bridge poke
Leg strikes:	Hook kick
Blocks:	Snake blocks, iron fortress
Combinations:	8 and 9
Animal:	Constrictor, Crane Flips A Tiger, Kneeling Leopard
Forms:	1 kata, Pushing Palm
Drills:	Stance transition, dragon circle, kata combinations
Takedowns:	Tai otoshi, combined techniques (2)
Jujitsu:	Full nelson, double lapel opposite elbow, single lapel "z", roundhouse counter
Club:	Slashing front and back
Knife:	Cape cod slashing
Knowledge:	Read "Shaolin Five Animals"