

# GREEN to 3<sup>rd</sup> BROWN BELT REQUIREMENTS

## Forms

Lohan Ch'ien – Fist of the Enlightened One

## Weapons

Yin Yang Bang Dui Da – Yin Yang 2-person Staff Set

Er Chie Kuen (Nunchaku) Techniques

9. figure 8, bounce of thigh, catch behind back, #8 spin
10. 10 direction changes
11. reverse figure 8, catch under same arm
12. figure 8, catch under legs
13. horizontal attack, catch around waist
14. vertical strike, catch under arm and snap out
15. wheel spin forward
16. figure 8, catch under knee, punch
17. shoot out from hand

## Sparring Techniques

16. jump, front sweep, spinning hook kick, block, twist hit, roundhouse kick
17. cross kick (trap knee), roundhouse kick, 3 back fists
18. jump, back sweep, spinning hook kick, block, twist hit, roundhouse kick
19. jump, side thrust to middle, jump side thrust high, jump block, chop (with yell)
20. jump, hook kick, block, twist hit, roundhouse kick, block down, back fist

## Chi Na (Size and Hold) Techniques

23. Indonesian handcuff
24. arm lock (Steven Seagal) with fingers
25. arm choke from behind with wrist twisted up (2 variations)
26. wrist twisted up with palm up
27. wrist twisted behind back (like "7")
28. reverse Indonesian handcuff
29. reverse Indonesian handcuff finger grab
30. finger split

## Lohan Short Forms

23. block-punch (bs), back fist, twist-hit back fist 2 times, block-punch, front kick with block (7 punches)
24. block-punch (bs), reverse punch (cs), block-punch other hand (bs), reverse punch (cs), block-punch (5 punches)
25. block-punch, bird break, front sweep, back sweep-punch, front kick with block
26. block-punch, block-grab, roundhouse kick
27. double block, double punch (bs), double block (hs), block-punch (bs), twist hit-kick, reverse hit-kick
28. double block, double punch (bs), block-chop (cs), block-punch (bs), twist hit-kick, reverse hit-kick
29. step to rear-elbow-reverse punch (bs), turn, reverse punch, block up-horizontal punch (cs), block-punch block down (2 times)
30. step to rear-elbow-reverse punch (bs), step through block (bs), double smash, #18 (note: there is a block-punch between the two sides, but not at the end)

(ns = natural stance, bs = bow stance, rbs = reverse bow stance, hs = horse stance, cs = cat stance)

**Punches:** ridge hand, vertical finger jab

**Kicks:** jump double smash, mantis inside, straight leg

**Stances:** mantis, monkey