



GREEN SASH SYLLABUS

1. Fitness – 100 of each exercise.
2. All Previous Sash Techniques.
3. Fixed Sparring Including Low Area.
4. Tiger Stance.
5. Sparring Forms 1 & 2.
6. Tiger Claw Techniques.
7. Impulse Claws.
8. Reverse Leopard Striking.
9. Crane's Pacifying Wing.
10. Exiting Crane.
11. Hungry Tiger Grasps The Prey.
12. Venomous Dragon Grabs The Pearl.
13. Upward Thrusting Leopard Punch.
14. Tiger Expansion.
15. Lazy Snake Bites The Prey.
16. Teaching Ability.
17. Sair (Long Snake).