



JUNIOR BLACK SASH SYLLABUS

1. Breathing Pattern 2.
2. Serpent Strike 2.
3. Second Seat Of Power.
4. Internal Breathing Technique 3.
5. Blind Sparring.
6. Chi Healing.
7. Patterns
 - Snake – Sair Chi (Short Snake).
 - Tiger – Foo Yang (Short Tiger).
 - Leopard – Paw Yin (Short Leopard).
 - Ten Pattern Pattern.
 - Fifteen Pattern Pattern.