

## BLACK 1 BELT

1. Intellectual Departure
2. Aggressive Twins
3. Bridge
4. Eagle's Beak
5. Breaking The Cross
6. Rocking Elbow
7. Reverse Hammerlock
8. Driving Elbows
9. Spiraling Wrist
10. Guarding The Wall
11. Full Nelson
12. Divided Swords
13. Ascending To Heaven
14. Raising The Sword
15. Bowing To Buddha
16. U Punch
17. Spear Of Jade
18. Retreating Phoenix
19. Sleeves Of China
20. Shooting Star
21. Crane Kick
22. Blocking The Sun
23. Advancing Hammers
24. Breaking The Yoke
25. Raising The Shield
26. The Thistle
27. Reversing Wind
28. Crossing Hooks
29. Returning Fist
30. Returning Thunder
31. Crossing The Sun
32. Swinging Gate
33. Slicing Hands
34. Lowering The Gate
35. Crossing The Lock
36. Manchurian Takedown
37. Lever Of Ming
38. Startled Cat
39. Reversing Grasp
40. Reaching For The Moon