

## **GREEN BELT**

1. Waterwheel
2. Tumbling Clouds
3. Rising Kick
4. Sweeping Serpent
5. Springing Tiger
6. Cobra And The Mongoose
7. Chinese Junk
8. Ming's Sword
9. Waterfall
10. Dance Of The Mongoose
11. Bending Reeds
12. Offer Of Dust
13. Chinese Fan
14. Legions Of Ming
15. The Sickle
16. Mantis
17. Shaolin Warrior
18. Two Man Crashing Elbows
19. Diving Hawk
20. Two Man Swinging Gate
21. Crossing Swords
22. Crossing Hammers
23. The Dagger
24. Fish Hook
25. Reversing Hammers
26. Bending The Limb
27. Prance Of The Tiger
28. Japanese Hands
29. Whirling Blades
30. Ring Of Fire

## **KATAS**

Long 3

Book Set