



## **BLACK SASH SYLLABUS**

1. Fist set: 6/8 – Compression Breathing.
2. Dragon
  - Loung Kair Mar – Compression Breathing.
  - Straight Dragon – Compression Breathing.
  - Loung – Compression Breathing.
3. Tiger
  - Foo – Compression Breathing.
  - Straight Tiger – Compression Breathing.
  - Foo Yang – Compression Breathing.
4. Leopard
  - Paw – Compression Breathing.
  - Angry Leopard – Compression Breathing.
  - Paw Yin – Compression Breathing.
5. Connection Points.
6. Third Breathing Pattern.
7. Third Seat of Power.
8. Sets (Linked)
  - 3 x Dragon.
  - 3 x Tiger.
  - 3 x Leopard.
9. 25 Pattern-Pattern.