



SENIOR BLACK SASH SYLLABUS

1. Crane
 - Bak Hok – Compression Breathing.
 - Lazy Crane – Compression Breathing.
 - Hok – Compression Breathing.
2. Snake
 - Sair – Compression Breathing.
 - Coiling Snake – Compression Breathing.
 - Sair Chi – Compression Breathing.
3. Fourth Breathing Pattern.
4. Fifth Breathing Pattern.
5. Fourth Seat of Power.
6. Fifth Seat of Power.
7. Sets (Linked)
 - 3 x Crane.
 - 3 x Snake.
8. 32 Pattern-Pattern.