

1st Brown Belt

Written Material Review

- 1) What is the Chinese term for 1st Grade Expert?
 - 2) The Snake Stylist "breathes through their heels" mean?
 - 3) What are the two pathways to develop the feelings of an increased dynamic sphere and Ch'I flow?
 - 4) What are the two benchmarks of real progress in our System?
 - 5) The Snake stylist relies on what two elements for combat success?
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