



1ST BLACK BELT

Basic Fundamentals:

Punches & Hand Strikes

inverted vertical roundhouse
looping overhead punch
hooking punch
inside vertical forearm strike
outward palm heel
overhead palm heel
rear (stiff arm) palm strike
side finger thrust
back finger thrust (cross over shoulder)
back claw (cross over shoulder)
underhand claw
underhand whip
blocking punch
front back knuckle (stiff arm lift)
obscure vertical elbow strike
outward diagonal reverse
handsword
upward claw
back finger whip (over the shoulder)
back finger whip (below the waist)
horizontal finger slice
reverse horizontal finger slice

Kicks

front scoop kick
back scoop kick
side chicken kick
front chicken kick (forward leg-rear leg)
front chicken kick (rear leg-forward leg)
front stomp kick
side stomp kick
back stomp kick
front cross side stomp
rear cross side stomp
front roundhouse sweep
reverse roundhouse sweep

Foot Maneuvers

forward jump
reverse jump
forward leap
reverse leap
forward roll
back breakfall

Blocks & Parries

horizontal downward forearm block
vertical inward forearm block
vertical outward forearm block
upward parry
horizontal inward palm heel parry
horizontal outward palm heel parry
inward elbow block
outward elbow block
upward elbow block
downward elbow block
inside downward elbow block
vertical upward palm heel parry
vertical downward palm heel parry

Stances

concave stance
rear bow
rotating twist stance

Forms and Sets

Form Four
Make-Up Form

Self-Defense Techniques

111. Protecting Fans
112. Unfurling Crane
113. Entwined Maces
114. Fatal Deviation
115. Twirling Hammers
116. Deceptive Panther
117. Destructive Knee
118. Defensive Cross
119. Bowing To Budda
120. Prance of the Tiger
121. Dance of Darkness
122. Circles of Protection
123. Unwinding Pendulum
124. Reversing Circles
125. Circling Windmills
126. Gathering Clouds

Attacks

Left Then right Punch With Left Leg Fwd
Left Then Right Punch with Right Leg Fwd
Left Then Right Punch with Left Leg Fwd
Right Then Left Punch with right Leg Fwd
Left Straight Punch
Low Right Roundhouse Then High Rt Rhouse
Right Front Step Thru Punch
Right Step Thru Front kick Then Rt Punch
Right Front Roundhouse Kick While Kneeling
Right Step thru Uppercut While Kneeling
Right Front Kick Then Right Punch
Looping Overhead Right Step Thru Punch
Right Front Kick Then Right Punch
Left Roundhouse Then Left Punch
Front 2 Handed Push Then Right Punch
Right Reverse Punch