



## 1ST BROWN 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

Staff Set  
Two Man Set

### *Self-Defense Techniques*

97. Kneel of Compulsion
98. Clipping The Storm
99. Broken Ram
100. Glancing Wing
101. Back Breaker
102. Thrust Into Darkness
103. Circling Fans
104. Rotating Destruction
105. Retreating Pendulum
106. Captured Leaves
107. Gift of Destiny
108. Entangled Wing
109. Twist of Fate
110. Dominating Circles

Right Straight Punch From Right Flank  
Right Step Thru Thrusting Club Attack  
Front tackle-Arms Low  
Left Step Thru Uppercut Punch  
Right Straight Punch From Right Flank  
Right Punch From Left Rear  
Left Then Right Straight Punches  
Rht Front Kick Then Lft Spinning Back Kick  
Right Side Kick  
Right Finger Lock  
Handshake  
Figure 4 Arm Lock  
Front 2 Handed Push or Grab  
Right Lapel Grab by Right Hand