



## 3RD 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

#### Self-Defense Techniques

143. Raining Lance  
144. Glancing Lance  
145. Thrusting Lance  
146. Entwined Lance  
147. Piercing Lance  
148. Clipping the Lance/Storm  
149. Unfurling Lance/Crane  
150. Circling the Storm  
151. Escape From the Storm  
152. Capturing the Rod  
153. Entwined Rod/Lance  
154. Broken Rod  
155. Defying the Rod  
156. Twisted Rod  
157. Escape From Darkness

#### 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 6

#### Attacks

Front Right Step Thru Overhead Knife  
Front High Thrusting Knife-Arms Low  
Front Low Knife Thrust  
Front High Knife Thrust  
Front Low Knife Thrust  
Front Thrusting Knife  
Thrusting Knife  
Front Thrusting Club  
Overhead Club From Right Flank  
Pistol Against Your Chest  
Front Pistol  
Rear Pistol Against Your Back  
Front Pistol  
Right Flank Pistol  
Right Step Thru Punch From Right Rear