



3RD 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

Short Form Three

Self-Defense Techniques

65. Returning the Storm
66. Crossed Twigs
67. Flashing Mace
68. Gripping Talon
69. Dance of Death
70. Glancing Salute
71. Conquering Shield
72. Destructive Twins
73. Circling the Horizon
74. Obscure Claws
75. Encounter With Danger
76. Fatal Cross
77. Circling Destruction
78. Detour From Doom
79. Squatting Sacrifice
80. Escape From Death

Attacks

Returning Roundhouse Club Attack
Rear 2 Handed Grab of Both Wrists
Right Step Thru Straight Punch or Grab
Front Left Hand Grab of Right Wrist
Right Front Step Thru Punch
Right Hand Cross Push to Rt Shldr
Left Hand To Right Lapel Grab
Front 2 Handed Choke-Pulling In
Right Step Thru Straight Punch
Rt Side Left Shldr Grab by Left Hand
Front 2 Handed Push to Your Chest
Front Low Push or Grab
Left Step Thru Straight Punch
Right Leg Step Thru Roundhouse Kick
Rear Bear Hug-Arms Free
Rear Choke With Rt Arm From Left Side