



GREEN BELT

Basic Fundamentals:

Punches & Hand Strikes

vertical back knuckle snap
vertical back knuckle thrust
uppercut punch
roundhouse punch
forward horizontal forearm
back horizontal forearm
inward diagonal innerwrist
inward horizontal palmheel
underhand palm heel
overhead whip

Kicks

spinning back kick
front shovel kick
back shovel kick

Stances

one-legged stance
90 degree cat
45 degree cat
front twist
rear twist
wide kneel
close kneel

Blocks & Parries

inside downward block palm up
inside downward block palm dn
push down block
outside downward parry
inside downward parry
inward parry
outward parry

Foot Maneuvers

push-drag forward
push-drag reverse
front-crossover forward
front-crossover reverse
rear-crossover forward
rear-crossover reverse

Forms & Sets

Long Form Two
Coordination Set

Self-Defense Techniques

49. Thundering Hammers
50. Squeezing the Peach
51. Shield and Sword
52. Sleeper
53. Begging Hands
54. Thrusting Wedge
55. Flashing Wings
56. Hugging Pendulum
57. Repeated Devastation
58. Defying the Storm
59. Raking Mace
60. Snaking Talon
61. Shield and Mace
62. Wings of Silk
63. Tripping Arrow
64. Fallen Cross

Attacks

- Right Step Thru Straight Punch
- Rear Bear Hug-Arms Pinned
- Left Step Thru Straight Punch
- Right Step Thru Straight Punch
- Front 2 Handed Grab to Both Wrists
- Front 2 Handed High Push or Grab
- Right Step Thru Straight Punch
- Front Right Side Kick
- Full Nelson
- Right Step Thru Roundhouse Club Attack
- Front 2 Handed Lapel Grab-Pulling In
- Front 2 Handed Push or Grab
- Right Step Thru Straight Punch
- Rear Grab of Both Arms at Elbows
- Front Bear Hug-Arms Free
- Rear 2 Handed Choke