



Basic Fundamentals:

Punches & Hand Strikes

straight thrust punch
straight snap punch
vertical thrust punch
vertical snap punch
straight palm thrust
inward handsword
outward handsword
back hammerfist
underhand reverse hammerfist
straight finger thrust
overhead claw
outward whip

Kicks

front snap kick
front thrust kick
side snap thrust
back snap kick
back thrust kick
snap roundhouse kick
power roundhouse kick

Elbow Strikes

inward elbow
outward elbow
back elbow
obscure back elbow
inward overhead elbow
outward overhead elbow
upward elbow

Stances

attention stance
training horse stance
meditation horse stance
neutral bow
forward bow
reverse bow

Forms & Sets

Short Form One

Blocks & Parries

thrusting inward block
hammering inward block
anchoring inward block
vertical outward block
extended outward block
downward block
upward block
inward parry
outward parry

Foot Maneuvers

step-thru forward
step-thru reverse
step-drag forward
step-drag reverse
drag-step forward
drag-step reverse
cover
switch

Self-Defense Techniques

11. Checking the Storm
12. Aggressive Twins
13. Clutching Feathers
14. Triggered Salute
15. Locking Horns
16. Scraping Hoof
17. Shielding Hammer
18. Five Swords
19. Striking Serpents Head
20. Grip of Death
21. Buckling Branch
22. Crushing Hammer

Attacks

- Overhead Step Thru Club Attack
- Two-Handed Front Push or Grab
- Left Handed Hair Grab
- Right Hand Step Thru Push to Left Shoulder
- Front Guillotine Choke With Right Arm
- Full Nelson
- Left Step Thru Punch
- Right Step Thru Roundhouse Punch
- Front Bearbug-Arms Free
- Right Arm Headlock On Your Left Side
- Left Step Thru Front Kick
- Rear Bear Hug-Arms Pinned