



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

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

Forms & Sets

Star Block
Salutation

Self-Defense Techniques

1. Sword and Hammer
2. Delayed Sword
3. Sword of Destruction
4. Deflecting Hammer
5. Mace of Aggression
6. Obscure Wing
7. Lone Kimono
8. Attacking Mace
9. Alternating Maces
10. Intellectual Departure

Attacks

Right Flank Shoulder Grab
Right Step Thru Roundhouse Punch/Grab
Left Step Thru Roundhouse Punch
Front Step Thru Right Front Thrust Kick
Front 2 Hand Lapel Grab-Pulling You In
Rear Left Hand to Rt Shoulder Grab-Close
Front Left Hand to Right Lapel Grab
Front Right Step Thru Straight Punch
Front Left Step Thru Straight Punch
Right Front Step Thru Thrust Kick