

Name: _____

Tested: _____

BLUE BELT

- | | | |
|------------|---|-------------------------|
| ___/___() | 1. BEGGING HANDS (Front two hand grab to wrists) | 1 st Stripe: |
| ___/___() | 2. THRUSTING WEDGE (Front two hand high push) | 2 nd Stripe: |
| ___/___() | 3. FLASHING WINGS (Front right straight punch) | 3 rd Stripe: |
| ___/___() | 4. HUGGING PENDULUM (Front right thrusting knife edge kick) | 4 th Stripe: |
| ___/___() | 5. REPEATED DEVASTATION (Full nelson) | |
| ___/___() | 6. ENTANGLED WING (Front armlock) | |
| ___/___() | 7. DEFYING THE STORM (front-right roundhouse club) | |
| ___/___() | 8. RAKING MACE (Front two hand lapel grab pulling in) | |
| ___/___() | 9. SNAKING TALON (Front two hand push) | |
| ___/___() | 10. SHIELD AND MACE (Front right step through punch) | |
| ___/___() | 11. RETREATING PENDULUM (Front right thrusting heel kick) | |
| ___/___() | 12. TRIPPING ARROW (Front bear hug arms free) | |
| ___/___() | 13. FALLEN CROSS (Rear two hand choke) | |
| ___/___() | 14. RETURNING STORM (Front inward roundhouse and backhand club) | |
| ___/___() | 15. CROSSED TWIGS (Rear two hand grab to wrists) | |
| ___/___() | 16. TWIST OF FATE (Front two hand high push) | |
| ___/___() | 17. FLASHING MACE (Front right step through punch) | |
| ___/___() | 18. GIFT OF DESTINY (Front handshake) | |
| ___/___() | 19. WINGS OF SILK (Rear two arm armlock) | |
| ___/___() | 20. GRIPPING TALON (Front left direct right wrist grab) | |
| ___/___() | 21. GATHERING CLOUDS (Front right punch) | |
| ___/___() | 22. DESTRUCTIVE TWINS (Front two hand choke pulling in) | |
| ___/___() | 23. BROKEN RAM (Front tackle) | |
| ___/___() | 24. CIRCLING THE HORIZON (Front right step through punch) | |

FORMS & SETS & BASICS

LONG FORM #2

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___/___()
starting date

___/___()
finishing date

STRIKING SET #1

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___/___()
starting date

___/___()
finishing date

FINGER SET #1

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___/___()
starting date

___/___()
finishing date

Stances

Reverse Close Kneel
Reverse Wide Kneel

Blocks

Outside Downward Diagonal
Downward Horiz. Forearm

Parries

Inward Horizontal Heel Palm
Out. Horizontal Heel Palm

Foot Maneuvers

Hop
Pull - Drag

Punches

Overhead (palm down)
Thrusting Inverted Vertical
Snapping Inverted Vertical
Hook

Strikes

Looping Overhead Back Knuckle
Outward Horiz. Heel Palm
Back Stiff~Arm Lifting Heel Palm

Finger Techniques

Underhand Whip
Underhand Claw
Outward Overhead Claw
Back Finger Thrust
(crossing over shoulder)

Kicks

Front Scoop
Back Scoop
Spinning Back Heel
Reverse Roundhouse
Pull Drag
Front / Rear Chicken

PLEDGE:

I shall never let pride rule my passions, and will defend with all the skill I possess: the weak, the helpless, and the oppressed I pledge an unswerving loyalty to the association and my instructor; in addition, I pledge an unending effort to earn the self same loyalty from those who look to me for training.