



Blocks:

High/ low
High X/ low X
Outside/ inside (Hello-open hand/closed)
Inside/ outside (Scoop)
Double block
Side of head (locked)

Stances:

Attention
Ready
Horse
Left/ right forward
Left/ right sparring (fighting)
Extended pigeon-toed
V
Left/ right cat
Left/ right crane
Left/ right cross behind step
Left/ right rooted tree
Left/ right lean
Left/ right deep lean
Left/ right 3 point

Knee Strikes:

Upper
Outward/ Inward
Inward/ Outward

Elbow Strikes:

To the front (face) both arms
Left/ right reinforced side/ lower rear
Left/ right downward
Left/ right upper rear (face)

Strikes:

Reverse (straight punch)
Palm heel
Knife hand
Spear hand
Two finger poke (bunny ears)
Reinforced poke to the throat
Hammer fist

Ridge hand
Reach in
Vertical punch
Round punch
Inverted belly punch
Upper cut punch
Koken
Back fist
Back hand
Rake (single/ double)
Cupped palm (single/ double)
Trigger finger
Chicken beak (3 ways)
Leopard paw (3 ways)
Bear paw (and inverted)
Finger whip (off balance strike)
Eagle claw/ middle and thumb knuckle punch
Reverse hammer fist (groin)
Inverted hammer fist (head/ ribs)
Inverted knife hand/ koken (neck)
Tiger mouth

**NOTE: THE COLORS ABOVE REPRESENT WHAT YOU MUST KNOW
BY THE TIME YOU GET TO THAT BELT LEVEL.**