



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

Right/ left forward

Right/ left sparring (fighting)

Extended pigeon-toed

V

Right/ left cat

Right/ left crane

Right/ left cross behind step

Right/ left rooted tree

Right/ left lean

Right/ left deep lean

Right/ left 3 point

Elbow Strikes:

To the front (face) both arms

Right/ left upper to chin/ downward

Right/ left reinforced side/ lower rear

Right/ left 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

Knee Strikes:

Upper

Outward/ Inward

Inward/ Outward

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