



BLUE BELT

Test Date _____

PROGRESS

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TECHNIQUES



Parting Wings

FRONT two-hand push



Evading the Storm

FRONT right step-through overhead club



Snapping Twig

FRONT left hand chest push



Charging Ram

FRONT tackle



Thundering Hammers

FRONT straight-right step-through punch



Twirling Wings

REAR two-hand choke arms stiff



Swinging Pendulum

right round house kick



Leaping Crane

FRONT straight right step-through punch



Crushing Hammer

REAR bear-hug (arms pinned)



Squeezing the Peach

REAR bear-hug (arms pinned)



Captured Leaves

RIGHT flank finger lock



Circling Wing

REAR two-hand choke (arms bent)

FORMS & SETS



Finger Set One



Coordination Set One