



YELLOW BELT

Test Date _____

PROGRESS

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TECHNIQUES



Delayed Sword

FRONT right hand lapel grab



Grasp of Death

LEFT flank right arm headlock



Alternating Mace

FRONT two-hand push



Checking the Storm

FRONT right overhead club



Sword of Destruction

FRONT left roundhouse punch



Mace of Aggression

FRONT two-hand lapel grab



Deflecting Hammer

FRONT right thrust kick



Attacking Mace

FRONT straight right punch



Captured Twigs

REAR bear hug with arms pinned



Sword & Hammer

RIGHT OR LEFT FLANK shoulder grab

FORMS & SETS



Short Form One

right side



Blocking Set One