



LEVEL 1 - WHITE, YELLOW, & ORANGE BELT

SELF-DEFENSE TECHNIQUES

1. DELAYED SWORD - right hand lapel grab
2. OBSCURE SWORD - flank left hand shoulder grab
3. CIRCLING WING - rear two-hand choke
4. MACE OF AGGRESSION - two-hand lapel grab - pulling in
5. BEGGING HANDS - front two hand grab to wrists
6. AGGRESSIVE TWINS - two-hand push
7. ALTERNATING MACES - two-hand front push
8. DEFLECTING HAMMER - right front thrust kick
9. CRUSHING HAMMER - rear bear hug - arms pinned
10. GIFT OF DESTRUCTION - handshake
11. GRIP OF DEATH - left flank right arm headlock
12. CHECKING THE STORM - right overhead club attack
13. SHIELDING HAMMER - front hooking left hand punch
14. BLINDING SACRIFICE - front two-hand choke
15. THRUSTING PRONGS - front bear hug-arms pinned

FORMS

Short Form 1

Long Form 1



LEVEL 2 – PURPLE, BLUE, & GREEN BELT

SELF-DEFENSE TECHNIQUES

1. CROSSING TALON - front right cross wrist grab
2. CHARGING RAM - front tackle
3. SNAPPING TWIG - front left hand chest push
4. PARTING WINGS - front two-hand push
5. FIVE SWORDS - Front roundhouse right punch
6. CIRCLING THE HORIZON - front step through right punch
7. THUNDERING HAMMER - front straight right punch
8. SLEEPER - front straight step through right punch
9. ATTACKING MACE - front straight right punch
10. SWINGING PENDULUM - front right roundhouse kick
11. INTELLECTUAL DEPARTURE - front right kick
12. CRASHING WINGS - rear bear hug - arms free
13. LOCKING HORNS - front headlock
14. HEAVENLY ASCENT - front two-hand choke
15. DEFYING THE STORM - Front right roundhouse club

FORMS

Short Form 2

Long Form 2



LEVEL 3 – BROWN & RED BELT

SELF-DEFENSE TECHNIQUES

1. TWIN KIMONO - two hand lapel grab
2. TRIGGERED SALUTE - right hand direct shoulder push
3. REVERSING MACE - front left straight punch
4. RAINING CLAW - front right uppercut punch
5. FATAL DEVIATION - right and left punch combination
6. UNWINDING PENDULUM - right front kick followed by right punch
7. HUGGING PENDULUM - front right side kick
8. STRIKING SERPENT'S HEAD - front bear hug, arms free
9. LOCKED WING – hammerlock
10. SCRAPING HOOF - full nelson
11. DESTRUCTIVE TWINS - front two-hand choke - pulling in
12. CAPTURING THE STORM - front right overhead club attack
13. EVADING THE STORM - right overhead club attack
14. FALCONS OF FORCE - left and right flank shoulder grab by two men
15. GRASPING EAGLES - right front lapel grab and rear arm grab - by two men

FORMS

Short Form 3

Long Form 3