

Kenpo Techniques

"Its not who's right, but who's left."

Ed Parker

Kenpo techniques are groups of basic moves arranged in a pre-planned sequence to illustrate a possible defense for a given scenario.

They are taught with the ["Three phase concept"](#) which views the techniques in 3 stages (phases): Ideal, What-if, and Formulation.

In a "real world" situation, the Kenpo practitioner isn't expected to complete a whole specific technique. One never knows exactly how an opponent may react to any block, check or strike. For any given technique one can apply the [equation formula](#) to fit the reactions of their opponent, or perhaps the practitioner has a comfort level with certain movement and prefers to use the basics with which they are the most capable.

Some people believe that the techniques are the heart of Kenpo. They are. Unfortunately, too many people lose sight of why. Always remember, the techniques are vehicles for learning the principles of Kenpo. That is their lesson.

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Concepts

The Three-Phase Concept

Kenpo techniques are taught with a three phase formula where the student is expected to learn the technique as written [in stone of course :-)], then go on to play with the possibilities. The Three Phases are, in order, the following:

Ideal Phase

In the Ideal Phase the student learns the technique "by the book". This means the attack is specified, the defense is applied and the attackers reaction is known.

What-If Phase

In the What-If Phase the student(s) experiment with different possible scenarios for the attack and attackers reactions.

Formulation Phase

With the Formulation Phase the student tears apart the technique, explores its principles and develops alternate, spontaneous, reactions all with the aid the [equation formula](#).

Equation Formula

The Equation Formula for fighting was designed as a formula to allow fighters to build/design logical and practical fighting techniques. It states that for any base move (ie punch/kick) or group of moves (technique - ie Delayed Sword) one may modify their intention by:

1. Alter the target area, weapon, or both.
2. Prefix a strike or block with an off angle body positioning (ie step out of the way of the weapon!).
3. Perhaps Suffix your strike with one or several more.
4. Rearrange the order of a technique. Instead of block-chop-punch change it to block-punch-chop (don't forget to block though :-)).
5. Insert a move, perhaps simultaneously, such as a check of another weapon.
6. Delete a move to prevent unwanted injury to yourself, your opponent or to prevent unnecessary time spent engaging and less time leaving!
7. You may wish to adjust the range or angle of the weapon.
8. Regulate your weapons speed or force and you may get a very different reaction.

Required Techniques For Yellow Belt**1. GRIP OF DEATH (flank head lock)**

- 1. With opponent applying lock from your left side, step forward and to your left (to 10 o'clock) with your right foot (into a right close kneel) while turning your head to the left and tucking your chin against your chest. Simultaneously deliver a right hammer fist to opponent's groin and a left hammer fist to opponent's kidney.
- 2. As you pivot into a left forward bow facing 6 o'clock, have the fingers of your left hand press under opponent's nose or, depending upon the circumstances, have your left hand grab opponent's hair to force opponent's head back.
- 3. Immediately follow-up with a right heel of palm thrust to opponent's chin as you pivot into a left forward bow. However, make sure that the head of your opponent in either of the above cases is arched and forced back and down to minimize your opponent's leverage thus preventing him from executing a right knee kick to your groin area.

2. OBSCURE WING (flank left hand shoulder grab)

- 1. With feet together and opponent's left hand grabbing your right shoulder, step to your right (to 4 o'clock) with your right foot as you drop into a horse. Simultaneously deliver a right back elbow to opponent's solar plexus as your left hand pins and checks opponent's left hand to your right shoulder.
- 2. Deliver a right back hammer fist down to opponent's groin and follow-up with a right hand grab to opponent's testicles.
- 3. Immediately follow-up with a right snapping obscure elbow strike to opponent's chin; making sure that your right arm follows the contour of your opponent's body.

3. THRUSTING SALUTE (front straight right kick)

- 1. While standing naturally with feet together, step back with your right foot (to 4 o'clock) into a left neutral bow as you deliver a downward block to the inside of opponent's right kicking leg.
- 2. Have your left foot pivot counter clockwise, in place, as you kick forward with the ball of your right foot to opponent's groin. Simultaneously have your left hand check high (left extended outward but relaxed hand sword) for possible head shots.
- 3. As you plant your right foot forward toward 11 o'clock (between opponent's legs and into a right neutral bow), deliver a right torquing heel of Palm thrust to opponent's jaw while your left hand checks near your right ribcage.

4. LONE KIMONO (front left hand lapel grab)

- 1. Standing naturally, step back (to 6 o'clock) with your left foot when your opponents grabs your lapel with his left hand. Simultaneously pin his left hand to your chest with your left hand and deliver a right upward strike against his left elbow just above the joint thus causing the elbow to break as you pivot into a right neutral bow.
- 2. Then circle your right arm over and down (counter clockwise) with an nward-downward strike against opponent's left forearm. Make sure that your opponent's left arm is driven down and diagonally to your left.

- 3. After cocking your right hand slightly toward you with your right palm up, deliver a right outward chop to the right side of opponent's neck; stance throughout is still a right neutral bow. Cock your left hand at your solar plexus, ready to check when needed.

5. RAINING CLAW (front uppercut right punch)

- 1. Standing naturally with feet together, step back to 6 o'clock with your left foot (into a right neutral bow) and deliver a right downward inward block to right forearm of opponent's uppercut. Your left hand is guarding high to protect your head area.
- 2. Immediately shoot a left overhead claw to opponent's face while your right elbow stays close to your body.
- 3. Have your right fist circle clockwise and execute a right uppercut thrust to opponent's face while shuffling forward with your left hand checking low.

6. CROSSING TALON (front right cross wrist grab)

- 1. With opponent's right hand grabbing your right wrist, counter grab his wrist as your left foot steps forward and to your right (to 2 o'clock) into a left neutral bow simultaneously striking opponent's right elbow with your left forearm in a forward thrusting motion while your right hand pulls in toward and past your right hip.
- 2. Continue to push and pull opponent's arm to your right forcing opponent's head down with the possibility of your opponent's head striking your left knee.
- 3. Immediately deliver a left side elbow strike (palm up or down depending on circumstances) to opponent's right jaw hinge followed by a left heel palm strike and five-finger rip to opponent's face.
- 4. Circle your left arm clockwise and strike down with your left elbow striking to upper spine of opponent.
- 5. Follow-up with a left downward heel palm strike to back of opponent's left mastoid. As your left hand continues to push down, simultaneously deliver a right knee kick to opponent's face, causing a sandwiching effect.
- 6. Replant your right foot to original position.

7. TRIGGERED SALUTE (front right hand direct push)

- 1. Standing naturally while opponent pushes your left shoulder with his right hand, step forward and to your left with your right foot to 11 o'clock (into a right neutral bow) to buckle on the inside of opponent's right knee. Simultaneously pin opponent's right hand with your left (against your left shoulder) and strike opponent's chin with a right forward heel palm thrust.
- 2. Immediately shift your right hand to 11 o'clock forming the shape of the crane (anchor elbow) and hook opponent's right arm down before cocking your right arm to your right hip and deliver a right inward horizontal elbow strike to opponent's solar plexus.
- 3. After following through with first elbow shot, deliver a right outward horizontal elbow strike to opponent's right floating ribs (palm down).
- 4. Without hesitation, follow-up with a right horizontal back knuckle strike to opponent's right floating ribs or kidney and immediately cock your right fist to your right hip.
- 5. Without any loss of motion execute a right uppercut up and under opponent's chin while your left hand remains pinning your opponent's right hand against your left shoulder.

8. LOCKING HORNS (front head lock)

- 1. With feet in line with each other and body bent forward, step forward with your right foot toward 11 o'clock and deliver a right upward vertical reverse hand sword to opponent's groin while simultaneously having your left hand check opponent's right thigh just above the knee and your chin turned in such a position so as to keep your breathing constant. (Turn your chin to the right and tuck it against your chest.)
- 2. Immediately follow-up with a right vertical obscure elbow strike to opponent's jaw while keeping in a low right neutral bow.
- 3. After snapping the elbow to opponent's jaw loop your right elbow and strike again (shuffling forward if needed) having it drive from 1 o'clock down to 7 o'clock to the left side of opponent's jaw as your left heel of palm hooks in and strikes opponent's right jaw thus causing a sandwiching effect.

9. GIFT OF DESTRUCTION (handshake)

- 1. With right hand shaking and while standing naturally, hop directly forward or slightly to your left to 11 o'clock, depending on circumstances, with our left foot as your right hand pulls your opponent's right hand toward and past your right hip.
- 2. With the above action, simultaneously strike in and against the joint of your opponent's right elbow with your left heel of palm as you deliver a right knee kick to opponent's groin or stomach.
- 3. As you plant your right foot forward (toward 10 o'clock) and against the inside portion of opponent's right knee, (in a right neutral bow) deliver a right inward horizontal elbow strike to left jaw of opponent while checking opponent's right arm down with your left hand.

10. THRUSTING PRONGS (front bear hug-arms pinned)

- 1. Step back with your right foot (to 6 o'clock) into a left modified forward bow), having only your right foot move back and not the upper body. Simultaneously thrust both of your thumbs (keeping thumbs together) up and to opponent's groin.
- 2. Strike opponent's groin with your right knee as your left hand circles over and on top of opponent's right shoulder (forming the shape of the crane) and pins (with the assistance of your anchored left elbow) your opponent's right shoulder down, while cocking your right hand to your right hip.
- 3. With knee in groin, immediately deliver a right knife-edge kick (to 2 o'clock) to the inside of opponent's left shin.
- 4. Scrape opponent's shin with your right foot and convert the scrape into a right stomp to opponent's left instep while simultaneously delivering a right inward horizontal elbow strike to right side of opponent's face or ribs (depending on the size of your opponent).

Optional Techniques**1. DELAYED SWORD (front- right lapel grab)**

- 1. With your feet together step back with your left foot toward 6:00 into a right neutral bow stance, facing 12:00, while simultaneously executing a right inward block to the right inner wrist of your opponent. At the same time position your left hand at solar-plexus level as a precautionary check against further action.
- 2. Immediately slide your right foot back into a cat stance.

- 3. Without hesitation deliver a right front snap ball kick to your opponent's groin.
- 4. Plant your right foot (back to its point of origin) into a right neutral bow, facing 12:00, while employing Marriage of Gravity as you strike with a right outward handsword to the right side of your opponent's neck. Immediately slide your right hand (after the strike) to the right wrist of your opponent as a precautionary check.

2. ALTERNATING MACES (front- two-handed push)

- 1. With your feet together, and as your opponent pushes you, step back with your left foot toward 6:00 into a right neutral bow stance, facing 12:00, while simultaneously executing a right inward block to the outside of your opponent's left arm, while your left hand cocks to your left hip.
- 2. Immediately collapse your right arm across the top of both of your opponent's arms (to act as a check), as you deliver a left vertical thrust punch to your opponent's sternum or solar-plexus, while torquing into a right forward bow stance. Remember both stance change and punch must work in synchronization with each other in order to maximize the force of the punch.
- 3. Have your left hand (after the punch, shift palm open and down) on top of both your opponent's arms (to check) while simultaneously having your right hand rapidly travel inside of your left arm and out into a right outward back knuckle strike to the right temple of your opponent, while pivoting back into a right neutral bow stance. (The torque stemming from the stance change will greatly increase the whipping action of your right hand).
- 4. Immediately have your right hand snap back into a checking position.

3. SWORD OF DESTRUCTION (front- left straight or round house punch)

- 1. With your feet together, step back with your left foot toward 6:00 into a right neutral bow stance, facing 12:00, as you simultaneously execute a right extended outward block to the left inner wrist of your opponent's left punch. Your left hand should be in a positional check, covering your solar-plexus.
- 2. Immediately slide your right foot back into a cat stance.
- 3. Without hesitation deliver a right front snap ball kick to your opponent's groin.
- 4. Plant your right foot forward (to its point of origin) into a right neutral bow, facing 12:00 and while employing Marriage of Gravity execute a right inward handsword strike to the left side of your opponent's neck.
- 5. Immediately snap your right hand back to the left inner wrist of your opponent to act as a check.

4. DEFLECTING HAMMER (front- right front thrust kick)

- 1. With your feet together step back with your left foot toward 7:00 into a right neutral bow stance (to move out of the Line of Attack), while simultaneously executing a right downward diagonal block, against the outside of your opponent's right kicking leg. Your left hand checks at your solar plexus.
- 2. Without hesitation and while still in your right neutral bow, shuffle forward as your left hand checks inward and toward your opponent's biceps. Your right hand cocks at the right hip in preparation for an elbow strike.
- 3. Just as you conclude the shuffle execute a right inward horizontal elbow strike to your opponent's face, "with" a left sliding check down and onto your opponent's right elbow.

5. CAPTURED TWIGS (rear- bear hug around waist with arms pinned)

- 1. With your feet together and your opponent's arm around you, step off toward 9 o'clock with your left foot into a horse stance, facing 12:00, as you simultaneously pin your opponent's hands (to your body) with your left hand. Just as your weight settles into your horse stance execute a right back hammer fist strike to your opponent's groin.
- 2. Immediately bring your right foot into a right cat stance (turning 90 degrees while facing 3 o'clock) as your left hand releases the pin, clears your opponent's left arm and covers the front of your face as a check if needed. Simultaneous with the action of your left arm have your right hand cover your groin and proceed to clear opponent's right arm.
- 3. Do a right heel stomp to your opponent's right instep.
- 4. Slide your right foot back toward 3:00 into a horse stance, facing 12:00. Immediately have your right forearm contour up the middle of your opponent's body as you execute a right vertical obscure elbow strike to the underside of your opponent's chin. Have your right arm snap back after the strike and cover your groin

6. THE GRASP OF DEATH (left flank right arm headlock)

- 1. With you bent forward and your opponent to your left applying a headlock with his right arm, initiate your action by tucking your chin to the left and against your chest, as you grab your opponent's right wrist with your right hand. All of this is done as your right foot steps forward toward 12:00 into a right close kneel stance while simultaneously grabbing your opponent's right inner thigh with your left hand and pinching the flesh of that leg with as much strength as possible. Your opponent will experience a horse-bite effect if it is done correctly. Be sure you continue checking the outside of your opponent's right leg with your left knee.
- 2. As your opponent reacts to your pinch and releases his grip, have your right hand bring his right arm over your head and down to your chest, making sure that your right forearm angles diagonally while acting as a check.
- 3. Immediately release the grip of your left hand and have your left foot step forward toward 11:00 into a left neutral bow stance as you simultaneously strike the back of your opponent's right elbow with your left forearm while pulling in and toward you with your right hand. This action should cause your opponent to step forward with his left foot prior to bending over at the waist.
- 4. Roll your left forearm on the back of your opponent's right elbow until your left forearm is parallel to the ground. Now slide your left hand to your opponent's right elbow. While controlling your opponent's right elbow with your left hand, pivot into a left forward bow, facing 11:00. Immediately execute a right snapping vertical punch to the base of your opponent's skull, behind his right mastoid bone.

Required Techniques For Orange Belt**1. CLUTCHING FEATHERS (front left hand hair grab)**

- 1. Standing naturally, step straight back (to 6 o'clock) with your left foot, simultaneously pin opponent's left hand with your left as you deliver a right vertical middle finger fist to opponent's left armpit pivoting into a right neutral bow in the process.
- 2. While in a neutral bow, strike inside of opponent's left arm with a right vertical outward block while cocking your left hand to your left hip (palm up).
- 3. Shift into a right forward bow as you deliver a left heel palm thrust to opponent's jaw while switching your right vertical outward block into a right extended outward block, keeping it in place for protection as well as in position for the next move.

2. DANCE OF DEATH (front straight right punch)

- 1. Standing naturally, step forward and to your left to 11 o'clock (into a left neutral bow) with your left foot (to get out of the line of attack). Simultaneously strike to the outside of opponent's right punch with your left inward block as your right arm rests and hangs naturally to the right of your body.
- 2. With your left hand still guarding (with a left bracing angle), strike to the opponent's groin with a right upward vertical reverse hand sword while pivoting into a left forward bow.
- 3. Immediately step through and to your left to 10 o'clock into a right neutral bow with your right foot (to buckle opponent's right knee) as your right elbow strikes horizontally and into opponent's right ribcage while your left hands grabs back of opponent's right knee and pulls toward you so that your left hand grab concludes the grab (after sliding along the leg) at your opponent's right ankle.

3. FIVE SWORDS (front roundhouse right punch)

- 1. While standing naturally with feet together, step forward and slightly to your left (to 11 o'clock) with your right foot (to a neutral bow) and deliver a right inward strike to inside of opponent's right punch using your left hand to check.
- 2. Immediately strike to opponent's right neck with your right outward chop.
- 3. Left finger thrust (palm down) to opponent's eyes as your right hand cocks to your right hop. This is done while you pivot into a right forward bow.
- 4. With left hand now guarding horizontally and open (palm down), deliver a right uppercut to opponent's solar plexus as you pivot to a right neutral bow.
- 5. Immediately have your left foot slide counter clockwise (to 4 o'clock) into a right forward bow as you left heel of palm strikes to the left jaw of opponent (striking in an outwardly fashion). Without hesitation and while shifting into a right neutral bow have your left hand hook and pull opponent's head down as you deliver a right overhead downward hand sword to back of opponent's neck.

4. SCRAPING HOOF (full nelson)

- 1. While in a full Nelson, thrust both of you fists toward the ground as you straighten your knees, back and neck.
- 2. Immediately bend you left knee (marriage of gravity) as you deliver a right back side scooping heel kick to opponent's left inside knee. Then with the knife-edge of your right

foot, kick to opponent's right shin and scrape the shin on the way down and stomp the opponent's right instep with the heel of your right foot.

- 3. Repeat the same process on the left side remembering to utilize the principle of gravitational marriage while executing both of your stomps.

5. SHIELDING HAMMER (front hooking left punch)

- 1. Standing naturally with feet together, step back with your left foot to 6 o'clock into a right neutral bow as you deliver a right extended outward block to the inside of opponent's left hooking punch at his forearm as your left hand guards your right ribcage.
- 2. Immediately deliver a right inward raking back knuckle strike to opponent's bridge of nose.
- 3. Shuffle forward while continuing the counter clockwise motion of your right hand and follow-up with a right horizontal dipping outward elbow strike to opponent's solar plexus as your left hand checks high for a possible heel palm and claw to opponent's face.

6. LOCKED WING (hammerlock)

- 1. With opponent locking your right arm, step back and to your right (between 4 and 5 o'clock) with your left foot into a right neutral bow (with your head still looking forward to 12 o'clock) as your right hand counter grabs your opponent's right wrist. (Try to place your left leg inside and against opponent's right leg.)
- 2. Immediately pivot your entire body counter clockwise into a left neutral bow (facing 6 o'clock) or horse depending on circumstances, as you deliver a left back horizontal elbow strike to opponent's jaw.
- 3. Circle your left arm over and under opponent's right elbow as you pivot to your right (toward 10 o'clock) in a forward bow.
- 4. While still applying pressure on opponent's left elbow, drop back with your right foot (between 4 and 5 o'clock) and form a left forward bow.
- 5. Immediately release your right hand as you deliver a right knee kick to opponent's chest with a right overhead heel of palm strike to the back of opponent's neck thus causing a sandwiching effect.
- 6. Follow through by stepping forward toward 10 o'clock with your right foot into a fighting stance.

7. REVERSING MACE (front straight left punch)

- 1. From a right neutral bow, slide your left foot counter clockwise to 4 o'clock; simultaneously use a right inward and left outward parry outside of opponent's left punch. Without any loss of motion, the right inward parry continues and becomes a right horizontal outward back knuckle as it strikes to opponent's left ribcage.
- 2. Immediately shift your weight onto your left leg and deliver a right looping downward round-house kick to back of opponent's left knee complimenting the angle of your opponent's thigh. (As this kick is executed, kick with the instep of your right foot and make sure that your right ankle is locked straight out.)
- 3. Right front crossover and cover out to 4 o'clock.

8. OBSCURE SWORD (flank left hand shoulder grab)

- 1. With feet together, step directly forward (to 12 o'clock) with your left foot into a left neutral bow facing straight ahead with your right hand sword cocked to your heart (palm up) simultaneously pin opponent's right hand with your left hand to your right shoulder.
- 2. Immediately pivot to 4 o'clock into a right forward bow while delivering a right outward hand sword to opponent's throat.
- 3. Deliver a left kick to opponent's groin and plant your left foot back to your former position with your hands in fighting position.

9. CRASHING WINGS (rear bear hug - arms free)

- 1. Step to your right (to 3 o'clock) with your right foot and drop into a horse. Simultaneously strike down with both of your elbows against opponent's forearms (after having raised your elbows).
- 2. Have your left foot meet your right foot (close cat) as your left and right arms cock to the right side of your waist (right palm up and left palm facing down).
- 3. Have your left foot then go around and behind opponent's left leg (to 8 o'clock) and into a left reverse bow.
- 4. Pivot to your left and deliver a left outward elbow strike (palm down) to opponent's jaw (while in a left neutral bow) and a right hammer fist to opponent's groin (while in a left forward bow) as your left hand guards to your left side.

10. EVADING THE STORM (front right overhead club)

- 1. Standing naturally with feet together, have your left foot move to 10 o'clock into a left forward bow stance.
- 2. As your right extended outward blocks and grabs outside of opponent's right wrist, immediately deliver a right roundhouse kick to opponent's groin. (Left hand checking at chest.)
- 3. Plant your right foot (toward 1 o'clock) into a right neutral bow as your right hand pulls opponent's right wrist down and past your right hip and your left hand punches to opponent's right ribs. This is done as you pivot into a right forward bow.
- 4. Deliver a left knee kick to outside of opponent's right thigh.
- 5. Immediately spring and pivot counter clockwise and drop (utilizing marriage of gravity) into a left close kneel thus breaking opponent's right knee or ankle.

11. SNAPPING TWIGS (front left hand chest push)

- 1. Standing with feet together, drop back with your left foot (to 6 o'clock) into a right neutral bow as you simultaneously hook in (to your left) with the heel of your right palm to outside of opponent's left elbow joint while hooking in (to your right) with the heel of your left palm to inside of opponent's left inner wrist (utilizing opposing forces) to cause an elbow break.
- 2. Have your right hand (while forming the shape of the crane) hook opponent's left arm counter clockwise and out (to your right) while simultaneously executing a left thrusting chop (palm down) directly to the throat of your opponent; this is done as you shuffle forward with a push drag maneuver. Without any loss of motion continue the counter clockwise motion of your right hand so that the knuckles of that hand execute an inward diagonal rake across the bridge of opponent's nose in order to cause a break.

- 3. Continue the same counter clockwise motion of your right arm and execute a right inward horizontal elbow strike to opponent's left jaw as your left heel of palm strikes to opponent's right jaw thus creating a sandwiching effect.

12. LEAPING CRANE (front step through right punch)

- 1. With feet together, hop to your left (to 10 o'clock) into a right one leg (crane) stance with your right foot cocked to the inside portion of your left knee as your left hand parries inward and your right middle knuckle fist rakes horizontally (toward yourself), striking your opponent's right ribs in the process, if possible. End the move of your right hand by having it cock horizontally across your waist with your right fist clenched, palm up, and to the side of your left hip.
- 2. Deliver a right snapping knife-edge kick to outside of opponent's right knee to buckle him (in and toward himself).
- 3. As you plant your right foot (toward 2 o'clock) between opponent's legs, deliver a right back knuckle to opponent's left kidney, utilizing marriage of gravity.
- 4. Immediately deliver a right inward elbow strike (shuffling forward if needed) to opponent's head as your left heel of palm strikes to opposite side of opponent's head thus causing a sandwiching effect.

13. CRUSHING HAMMER (rear bear hug - arms pinned)

- 1. With feet together, step to your left with your left foot (to 9 o'clock) into a horse. Simultaneously strike to opponent's groin with your right back hammer fist as your left hand pins opponent's left arm.
- 2. Have your right foot meet your left foot (forming a close cat stance) and then around and behind opponent's left leg (4 o'clock) into a right reverse bow. Simultaneously strike opponent's groin with a right heel palm; then grab opponent's testicles with a right squeezing claw.
- 3. Pivot into a right neutral bow (facing 4 o'clock) as your right arm follows the contour of your opponent's body and your right elbow strikes up to his chin.
- 4. Complete your pivot (facing 4 o'clock) into a right forward bow as you deliver a left heel palm strike to left floating ribs of opponent.

14. CIRCLING WING (rear two-hand choke - arms bent)

- 1. With feet together, have your left foot step forward and to your right on a 45 degree angle (2 o'clock) into a left neutral bow as your right arm cocks horizontally across your waist.
- 2. Pivot clockwise (turning toward 8 o'clock) as you circle your right elbow over and down (right outward overhead elbow) onto the right arm of your opponent to hurt and pin that arm. Complete the pivot into a right forward bow (facing 8 o'clock) while delivering a left four finger thrust to opponent's eyes.
- 3. Pivot in place to your left into a horse as you deliver a right upward elbow strike to opponent's chin. Your left hand should be guarding close to your right ribs.
- 4. Pivot again to your left (toward 2 o'clock) into a right reverse bow as you strike with a right back downward hammer fist to opponent's groin with your left hand guarding.

15. CALMING THE STORM (front right roundhouse club)

- 1. With feet together, step slightly forward and to your left with your right foot (to 12 o'clock) as your opponent steps through with his right foot, delivering a right roundhouse club attack.
- 2. As you step in, execute a left extended outward block to inside of opponent's right wrist. Simultaneously deliver a right vertical punch to opponent's jaw or face.
- 3. Immediately pivot into a right forward bow (facing 12 o'clock). Check opponent's right arm with a right inward parry as your left vertical fist shoots over your right arm striking to opponent's solar plexus or ribcage.
- 4. Drop back (in place) into a right neutral bow as you deliver a right horizontal back knuckle to opponent's right floating ribs while having your left hand execute a left extended outward hand sword or left hooking check (palm up) can also act as a parry aside from being a check.

Optional Techniques**1. GLANCING SALUTE (front right cross shoulder push)**

- 1. Standing naturally while opponent pushes your right shoulder with his right hand, step forward and to your left to 11 o'clock with your left foot (into a left neutral bow) immediately pivot to your right (to 3 o'clock) into a right modified horse as your right arm pins opponent's right wrist to your right chest and your left forearm strikes out and against the joint of your opponent's right elbow to cause a break.
- 2. Pivot to your left (to 12 o'clock) into a left forward bow as your left hand pins opponent's right arm to his body and your right heel of palm strikes to opponent's jaw (sliding by).
- 3. Hook the back of opponent's neck with your right hand as it forms the shape of the crane. Pull opponent's neck down (having your right elbow hug your right ribcage in the process) as your right knee kicks to opponent's stomach. Plant back to 8 o'clock into a left neutral.

2. STRIKING SERPENT'S HEAD (front bear hug-arms free)

- 1. Drop back with your right foot (to 6 o'clock) into a left neutral bow. Simultaneously hook your left hand around and back of opponent's head so that your left knuckle or left inner wrist bone strikes to opponent's left temple or mastoid while your right hand cocks into a half fist at chest level.
- 2. Immediately have your left hand grab and pull opponent's hair back (above the forehead) as you shift into a left forward bow (toward 12 o'clock) and execute a thrusting half fist to opponent's throat, immediately returning to your left neutral bow after the half fist strike.

3. BUCKLING BRANCH (front straight left kick)

- 1. While standing naturally with both feet together, step slightly back and to your right with your right foot to 5 o'clock (left neutral bow); simultaneously blocking opponent's left kick (from the outside) with a left downward block as your right hand cocks to your right hip, clenched and palm up.
- 2. Deliver a right ball kick (as you pivot counter clockwise and in place with your left foot) to opponent's groin (from the rear) while his back is toward you. Upon doing so have your left

hand shift to an extended outward but relaxed hand sword to act as a check in covering your head area while your right hand opens (palm up).

- 3. Plant your right foot (into a modified right front twist stance for purposes of torque) and deliver a left knife-edge kick to the inside of opponent's right knee. (Keeping both of your now open hands in a defensive position.)
- 4. Left front crossover and cover out to 4 o'clock.

4. CAPTURED LEAVES (flank finger lock)

- 1. With your right fingers twisted by your opponent's left hand, raise your right hand high (toward 11 o'clock) to relieve the pressure (have your left hand raise and check opponent's right hand in the process) as you move your right foot to your left (toward 10 o'clock).
- 2. While in place, pivot counter clockwise and deliver a left back elbow (from last checking position) to opponent's left kidney while in a left reverse neutral bow.
- 3. Immediately pivot clockwise into a horse and deliver a right back elbow to opponent's left ribcage as your left hand guards to the right of your face.

5. REPEATING MACE (front left hand cross push)

- 1. Standing naturally with feet together, have your left foot slide back to 4 o'clock into a right neutral bow. Simultaneously have your left hand hook (left palm is up) outside of opponent's left wrist as you deliver a right inward raking hammer fist to opponent's left kidney and a right back knuckle to opponent's left ribcage as you settle.
- 2. Immediately shift your weight onto your left leg and deliver a right looping downward round- house kick (utilizing the right instep) to compliment the angle of the thigh and strike the top of opponent's left calf in back of the knee.
- 3. Right front crossover and cover out to 4 o'clock.

6. TWISTED TWIG (front wrist lock)

- 1. With feet together and both hands of opponent applying a wrist lock on your right wrist, step forward and to your left (to 11 o'clock) with your right foot into a right neutral bow as you deliver a right upward elbow strike to your opponent's solar plexus and/or jaw. Your left hand is placed on top of opponent's right wrist for purposes of checking.
- 2. Pivot counter clockwise into a horse as you deliver a right outward elbow strike (palm up) to opponent's solar plexus.
- 3. Follow-up with a right downward hammer fist to opponent's groin as you shift into a right reverse bow. Have your left hand check at shoulder height.

7. TWIRLING WINGS (rear stiff left hand lapel grab)

- 1. Have your left foot step back and to your right on a slight 45 degree angle (between 4 and 5 o'clock) into a left rear twist stance.
- 2. Pivot to your left (into a left forward bow) while simultaneously delivering a left outward block to outside of opponent's left arm and a right inward horizontal elbow strike to outside portion of opponent's left ribcage.
- 3. Pivot to your right (into a horse facing 9 o'clock) and deliver a left inward horizontal elbow strike to inside portion of opponent's left ribcage or solar plexus as your right hand guards to the left of your face, always making sure that your right hand keeps a safe distance from your head in order to cushion any blow that might be directed to your head.

8. CHECKING THE STORM (front - right step-through overhead club)

- 1. Standing naturally with your feet together, as your opponent swings his club in an overhead fashion, quickly step off to your right with your right foot toward 3:00. Simultaneously drag your left foot toward your right foot as you form a 45 degree cat stance facing 10:30. Without a break in the flow of your action execute a right inward hand parry followed by a left extended outward block (employing the "Double Factor" principle) to the right inner wrist of your opponent's right arm. During the natural flow of your motion have your right hand stop, hand open, to act as a check in front of your solar-plexus.
- 2. Immediately execute a left front snap ball kick to your opponent's groin.
- 3. Plant your left foot (toward 10:00) as a gauging leg toward your opponent, as you deliver a right snapping knife edge kick to the inside of the opponent's right knee.
- 4. Plant your right foot toward 10:00 into a right neutral bow, and while employing Marriage of Gravity, execute a right outward back knuckle to the left temple, as your left hand checks at the solar-plexus.

9. MACE OF AGGRESSION (front- two-hand lapel grab - pulling in)

- 1. With your feet together and your opponent grabbing your lapel with both of his hands, while pulling you in and toward him, execute a right stomp on the arch of your opponent's right foot while simultaneously striking diagonally across the bridge of your opponent's nose (from 1:00 to 7:00) with a right inward downward raking back-knuckle strike. Have your left hand pin and check both of your opponent's hands at the same time the stomp and strike are taking place.
- 2. Continue the motion of your right arm so that it travels horizontally and down, striking both of your opponent's forearms in the process which in turn will force your opponent to bend forward.
- 3. Immediately execute a right inward horizontal elbow strike to your opponent's left jaw making sure that you follow through with your action.
- 4. Without hesitation return with a right outward horizontal elbow strike to the right jaw of your opponent.

10. ATTACKING MACE (front - right step through straight punch)

- 1. With your feet together, drop back with your right foot toward 6:00 into a left neutral bow stance, facing 12:00, as you execute a left inward block to the outside of your opponent's right punch. During this action your right hand cocks to your hip (fist clenched and palm up).
- 2. Immediately pivot into a left forward bow stance as you execute a right straight thrust punch to the right lower ribcage of your opponent. Make sure that your left hand is open as it checks your opponent's right elbow.
- 3. Circle your right hand down, out, over, and around your opponent's right arm as you countergrab the outside of your opponent's wrist. Immediately pull your opponent toward you while simultaneously delivering a right roundhouse kick to the groin. During this action cock your left hand at your left hip (fist clenched and palm up).
- 4. Drop forward into a right neutral bow, facing 12:00, while simultaneously executing a left snapping vertical punch to your opponent's right kidney, "with" your right leg On and Over the Line of Entry. (your right knee is inside of your opponent's right knee and pressing up against it)

11. SWORD AND HAMMER (right flank- left hand shoulder grab)

- 1. While you are standing naturally, your opponent (standing between 3:00 and 4:00) grabs your right shoulder with his left hand. Step off and to your right with your right foot toward 3:00 into a horse stance, facing 12:00 while striking your opponent's throat with a right outward handword. Simultaneous with this action pin your opponent's left hand to your right shoulder with your left hand.
- 2. As your opponent reacts to your handword strike and bends backward, execute a right back hammerfist strike to your opponent's groin.

Required Techniques For Purple Belt**1. CHARGING RAM (front tackle)**

- 1. Standing with feet together, shift (by sliding) your left foot to 3 o'clock (into a right neutral bow) and have your left hand parry opponent's left arm down and out (left downward outward parry). Simultaneously deliver a right overhead downward chop to opponent's neck as your left hand guards at groin level.
- 2. Immediately (dropping into a right 45 degree cat stance in the transition) deliver a right snapping ball kick to opponent's left ribcage, kicking toward 9 o'clock.
- 3. Plant your right foot slightly forward (between 8 and 9 o'clock) and deliver a left snapping ball kick to left jaw of opponent, kicking toward 8 o'clock.
- 4. With your left kick still in the air left front crossover and cover out to 2 o'clock.

2. PARTING WINGS (front two-hand push)

- 1. With feet together, drop back (to 6 o'clock) with your right foot into a left neutral bow as both of your hands chop out (like two extended outwards only using an open hand) to inside of opponent's wrists (forcing opponent's arms out). Make sure that both hands are parallel in height as well as in depth.
- 2. Shift (in place) into a left forward bow as your right hand chops to opponent's left ribcage (palm up) simultaneously cocking your left hand to the right of your face (palm toward you).
- 3. Shift back (in place) into a left neutral bow as you deliver a left outward chop to opponent's throat (palm down); cocking your right clenched fist to your right hip.
- 4. Again shift (in place) into a left forward bow as you drop your left arm horizontally (with palm still facing down) and shoot a right middle knuckle fist (over your left arm) to opponent's solar plexus.
- 5. Drop back into a left neutral bow, left front crossover and cover out to 5 o'clock.

3. OBSTRUCTING THE STORM (front right overhead club)

- 1. With feet together, have your left foot step slightly forward and to your left on a 45 degree angle (first moving toward 11 o'clock but ending facing 1 o'clock in a horse) as you cross your right wrist over your left to block opponent's attacking hand at his right wrist at a level above your head and off of your right shoulder. (Opponent steps through with his right foot when attacking.)
- 2. With your right hand, grab opponent's right wrist as your left foot steps forward to 2 o'clock (cating around the leg if necessary) into a left neutral bow. Simultaneously strike opponent's right elbow with your left forearm by first thrusting vertically and then horizontally forcing opponent's right arm down while your right hand pulls in toward and past your right hip.
- 3. Continue to push down and pull opponent's arm to your right; forcing opponent's head down.
- 4. Immediately deliver a snapping right knee kick to opponent's head or chest. This is done without raising the body.
- 5. Replant your right foot to original position into a left neutral bow; left front crossover and cover out to 8 o'clock.

4. SWINGING PENDULUM (front roundhouse right kick)

- 1. Standing in a right neutral bow (fighting stance), slide your left foot counterclockwise to 4 o'clock and strike with a right inward block simultaneously with a left downward block (universal block) against opponent's kicking right leg preferably at the knee.
- 2. Shuffle (push drag) toward 11 o'clock as you deliver a right downward hammer fist to opponent's groin. (You're still in a right neutral bow with your left hand checking high.)
- 3. Again shift your left foot counterclockwise to 1 o'clock as you deliver a right upward vertical elbow strike to opponent's jaw.
- 4. Right front crossover and cover out to 2 o'clock.

5. CROSS OF DESTRUCTION (rear two-hand choke)

- 1. With feet together and opponent choking you from the rear with both of his hands, step to your left (to 9 o'clock) into a horse stance as you grab both of opponent's wrists with both of your hands.
- 2. Move your right foot back to 8 o'clock (into a left neutral bow) as your left hand crosses your opponent's left arm over his own right arm. At this point, your left arm pushes forward as your right pulls in and toward you.
- 3. Deliver a right front snap ball kick to the inside of opponent's right knee cap.
- 4. As you plant your right foot forward, after the kick, toward 2 o'clock, pull in with your left arm as you push out with your right arm to cause opponent to break his left elbow with his own right arm. (Make sure that in the process your right hand executes the above mentioned action similar to a right vertical back knuckle thrust.)
- 5. Right front crossover and cover out to 8 o'clock.

6. HOOKING WINGS (front two-hand low push)

- 1. With feet together, drop back with your left foot (to 6 o'clock) into a right neutral bow and execute a double hook (shape of the crane) using both of your hands to the inside of opponent's wrists (your wrists are outside of opponent's wrists) as you draw your right foot back into a right cat stance.
- 2. Deliver a right front snapping ball kick to opponent's groin.
- 3. Plant your right foot (to 12 o'clock) simultaneously looping your right hand so that your right hammer fist strikes diagonally to opponent's left jaw hinge. Continue a figure eight pattern and right back knuckle to opponent's right jaw hinge.
- 4. Follow-up with a right upward elbow strike to opponent's chin as your left hand guards your right ribcage, shuffling forward if necessary.
- 5. As your right elbow descends, deliver a right downward heel palm and claw to opponent's face starting at the bridge of his nose as your left hand covers low.
- 6. Right front crossover and cover out to 6 o'clock.

7. SLEEPER (front straight step through right punch)

- 1. Standing naturally with feet together, step to your left on a 45 degree angle with your left foot (to 11 o'clock) into a left neutral bow as you strike with a left inward block to outside of opponent's right arm (preferably at or above the elbow) and cock your right arm parallel to your right thigh (right arm is hanging naturally to the side).
- 2. Pivot (in place) into a left forward bow as you deliver a right inward upward diagonal inner wrist strike to opponent's left side of neck. Your left hand is checking opponent's right arm (bracing angle check).

- 3. Immediately step around and back of opponent's right leg (cating around and back in the process) with your right leg (into a modified horse stance) and have your left hand grab your right wrist from back of opponent's neck to apply pressure that would put your opponent to sleep.
- 4. Pivot toward 10 o'clock into a left forward bow and immediately shift your left foot back to 4 o'clock while forcing your opponent to the ground as you follow-up with a right vertical punch to opponent's face simultaneously with a right knee drop (left close kneel) to opponent's right ribs. Your left hand is pushing down on your opponent's right arm. At this point the head of your opponent should be facing between 5 and 6 o'clock.
- 5. Right foot drops back to 2 o'clock, left front crossover and cover out to 2 o'clock.

8. SPIRALING TWIG (rear bear hug - arms free)

- 1. With feet together, step to your right with your right foot (to 3 o'clock) into a horse as your right and left middle fingers strike to the back of opponent's top hand or hands (depending on the type of grab) immediately dropping both elbows to pin opponent's arms. Without hesitation follow-up by grabbing opponent's right hand with your right hand and left hand with thumbs on top and fingers inside of opponent's palm.
- 2. Have your left foot step forward to 2 o'clock (while starting a clockwise wrist twist; with your right elbow still pinning) and pivot your right foot clockwise and back (into a left neutral bow facing o'clock) as both of your hands continue to twist opponent's right wrist clockwise.
- 3. Deliver a right snapping ball kick to right side of opponent while guiding opponent's right arm past your right hip and still maintaining wrist twist.
- 4. As you plant your right foot forward (into a right neutral bow facing 8 o'clock) have your left hand check your opponent's right elbow by pushing it down and out of the way past the right hip as you deliver a right underhand stiff arm back knuckle strike to opponent's face or temple (depending upon how the head is positioned).
- 5. Right front crossover and cover out to 2 o'clock.

9. DEFYING THE STORM (front right roundhouse club)

- 1. With feet together, step forward and to your left with your right foot to 10 o'clock (into a right neutral bow) as your opponent steps through with his right foot delivering a right roundhouse club attack.
- 2. As your right foot steps through to 10 o'clock, have your right knee buckle on the inside of your opponent's right knee while simultaneously striking his right wrist with your left extended outward chop and his right bicep with your right inward chop.
- 3. Immediately step back with your right foot to 5 o'clock (into a left forward bow) as your left hand grabs (at opponent's left wrist) and pushes out and away, simultaneously while your right hand grabs back of opponent's right elbow and pulls down and toward you to snap the joint. This is done while anchoring your right elbow past your right hip.
- 4. Follow-up with a right knee kick to opponent's sternum and as you plant your right foot forward (to 12 o'clock) into a right neutral bow, bury a right inward overhead downward elbow strike to opponent's upper spine with your left hand still grabbing opponent's right wrist, keeping it over to the left side.
- 5. Cover out to 6 o'clock.

10. TRIPPING ARROW (front bear hug - arms free)

- 1. With feet together and opponent applying front bear hug with your arms free, step to your left with your left foot (to 9 o'clock) into a close kneel; simultaneously hooking your right heel of palm horizontally and in to strike opponent's left jaw hinge. Your left hand is checking and anchoring your opponent's right shoulder or arm by forcing and pulling it down thus nullifying opponent's leverage and ability to deliver a right or left knee kick.
- 2. Immediately circle your right foot clockwise and back and around of opponent's right leg (to 2 o'clock) and buckle it by planting heavily into a horse stance. Right hand also circles clockwise and cocks at your right shoulder (palm up).
- 3. Without hesitation, pivot to your left (toward 9 o'clock) into a left forward bow as you thrust your right heel of palm to jaw of opponent, thus tripping him over your right leg, still maintaining left hand grab on opponent's right arm.
- 4. With opponent on his back and your left hand grab now at opponent's right wrist, have your right foot heel stomp under opponent's chin. If your opponent turns from the momentum and slips out of your grasp, stomp kick to opponent's right kidney or ribs.
- 5. Front stomp kick, release grasp and sweep opponent's right arm with your right foot as you execute a right front crossover and cover out to 4 o'clock.

11. HUGGING PENDULUM (front right side kick)

- 1. While in a fighting stance (right neutral bow), shuffle back slightly as you deliver a right hammering downward diagonal block (hooking your blocking arm so that it travels from 11 o'clock to 5 o'clock) on the outside of opponent's right kicking leg.
- 2. Immediately do a left front crossover as your right hand cocks horizontally across your body (palm in) with your left hand in guarding position and deliver a right knife-edge kick to inside of opponent's left knee.
- 3. Follow-up with a right horizontal back knuckle strike to opponent's mastoid or temple (as you plant your right foot forward) arching wide to the right and returning with a right inward horizontal hooking heel of palm claw to opponent's face while maintaining bend in your right elbow.
- 4. Right front crossover and cover out to 6 o'clock.

12. THRUSTING WEDGE (front two-hand high push)

- 1. With feet together, step forward with your right foot (to 12 o'clock) into a right forward bow as both of your arms thrust forward so that your forearms are wedges and your fingers (of both hands) are thrusting claws to opponent's eyes and face.
- 2. Immediately pivot (in place) counterclockwise and drop down into a right neutral simultaneously as your left hand grabs your opponent's right wrist and pulls it down and past your left hip (anchoring your left elbow in the process): Simultaneously with the above action have your right elbow strike up to opponent's chin (right upward elbow strike).
- 3. Follow-up with a right downward overhead heel of palm strike to bridge of opponent's nose and right five-finger claw to opponent's eyes (in the same motion).
- 4. Right front crossover and cover out to 6 o'clock.

13. CROSSED TWIGS (rear two-hand grab to wrists)

- 1. With feet together and opponent grabbing your wrists from the rear counter grab both of opponent's wrists (right to right and left to left) as you step to 2 o'clock with your left foot (into a left neutral bow).

- 2. Pivot clockwise facing 8 o'clock (still maintaining wrist grabs) as you cross your opponent's arms (right over left) in the process, have your right elbow strike horizontally and outward to opponent's right jaw and continue to pull opponent's right arm down with your right (have your left hand which is grabbing opponent's wrist pull down and below the level of your buttocks).
- 3. Release only your right grasp and circle counterclockwise with your right looping inward overhead elbow strike down to upper spine of opponent.
- 4. Release your left grasp and with your right, double heel palm, grab, and pinch opponent's left kidney and ribs as your kick your opponent's right ribcage with your left knee.
- 5. Drop to left foot to 2 o'clock as you pivot counterclockwise into a right rear scoop kick to opponent's solar plexus.
- 6. With right foot still in air do front crossover and cover out to 2 o'clock.

14. FLASHING WINGS (front straight right punch)

- 1. Standing naturally with feet together, step to your left on a 45 degree incl; angle with your left foot (to 11 o'clock) as your left inward blocks on the outside of opponent's right arm and your right arm cocks to your right hip (fist clenched and palm up).
- 2. Shift into a left close kneel as you deliver a right inward horizontal elbow strike to opponent's right ribs (with your left hand guarding and employing the bracing angle concept) which follows through and by-passes opponent's ribs.
- 3. Shift clockwise into a right wide kneel as you execute a right horizontal outward elbow strike to opponent's right shoulder blade (just under it) as you simultaneously execute a left horizontal outward heel of palm claw across opponent's face.
- 4. Continue to pivot (facing 5 o'clock) as you deliver a right hooking chop (out and diagonally down while anchoring your right elbow) and left chop to the back of opponent's neck.
- 5. Shift counterclockwise into a left wide kneel as your left hand checks and pins opponent's right arm himself and your right hand chops (thrusting with the palm up) to opponent's throat.
- 6. Left front crossover and cover out to 6 o'clock.

15. BEGGING HANDS (front two-hand grab to wrists)

- 1. With feet together, step back with your left foot (to 6 o'clock) into a right neutral bow as you have both of your hands assimilate begging (palm up) on the top of your opponent's wrists as your right foot draws back into a right cat stance.
- 2. Immediately deliver a right snapping ball kick to opponent's groin.
- 3. Plant your right foot (toward 12 o'clock) adjusting its depth according to the circumstances and deliver a left snapping ball kick to opponent's chin.
- 4. As you plant your left foot forward (toward 12 o'clock) into a left neutral bow, deliver a double torquing heel of palm thrust under opponent's chest, shuffling forward if needed.
- 5. Left front crossover and cover out to 6 o'clock.

Optional Techniques**1. SHIELD AND SWORD (front straight left punch)**

- 1. Standing with feet together, step forward and to your right on a 45 degree angle (toward 2 o'clock) with your right foot (into a right forward bow) as you deliver a left extended

outward block to outside of opponent's left step through punch. Have your right hand sword cocked to the right side of your right ear, palm out.

- 2. Immediately pivot to your left (into a horse) as you strike inward to opponent's left neck with your right hand sword (follow through with the chop so that the right palm of that hand faces up); cocking your left to your left hip.
- 3. Shift in place into a right forward bow as you deliver a left horizontal inward elbow strike to opponent's left ribcage and have your right hand check (bracing angle check) opponent's left arm at his elbow.
- 4. Shift your left foot counterclockwise to 4 o'clock (into a right front twist stance as your left hand hooks out and down at opponent's left forearm.
- 5. While pivoting counterclockwise out of the twist stance execute a right hammer fist strike to opponent's left kidney. Immediately follow-up with a right looping roundhouse kick to back of opponent's left knee to buckle.
- 6. With right foot still in the air do a front twist and cover out to 4 o'clock.

2. GIFT IN RETURN (front hand shake)

- 1. With feet together and opponent squeezing your right hand with his right, step forward and to your left (to 11 o'clock) with your left foot (left neutral bow) to outside of opponent's right leg but hugging and checking opponent's leg with your left leg. Simultaneously deliver a strike to opponent's groin with his and your right hand with your left hand assisting you by thrusting down on opponent's right forearm.
- 2. Shift your left hand around and back of opponent's right leg and grab opponent's right wrist as your right foot shifts clockwise to 10 o'clock (into a left neutral bow). Immediately pull up with your left hand and push down against opponent's right hip with your right hand to put pressure on opponent's testicles as well as limit opponent's leverage, thus nullifying his ability to kick.
- 3. Immediately deliver a right step through knife-edge kick to the back of your opponent's right knee while releasing your left hand grasp.
- 4. Without any hesitation plant your right kicking foot along side of your left foot and deliver a left knee kick to opponent's tail bone.
- 5. With your left foot in the air (or after it plants forward, depending on circumstances), left front crossover and cover out to 10 o'clock.

3. FALLEN CROSS (rear two-hand choke)

- 1. With feet together and opponent choking you from the rear with both of his hands, step to your left (to 9 o'clock) into a horse as you grab both of opponent's wrists with both of your hands (right to right and left to left).
- 2. Move your right foot forward to 10 o'clock (into a right neutral bow) and pivot counterclockwise as you cross opponent's arms with his right arm over his left while now facing 6 o'clock, making sure that the arms are crossed at or above the opponent's elbows.
- 3. While still grabbing opponent's wrists, have both of your arms force your opponent's arms down as you deliver a right knee kick up and against the left elbow joint of your opponent (opponent's left elbow joint should be facing down at this point). Without hesitation and with your right knee against your opponent's left elbow, deliver a right front snapping ball kick to opponent's groin.
- 4. As you plant your right foot toward (to 6 o'clock), deliver a right inward horizontal elbow strike (or a right inward downward diagonal forearm smash from 1 o'clock to 7 o'clock, depending upon the circumstances). Have your left hand check opponent's arms down and toward opponent.

- 5. Right front crossover and cover out to 12 o'clock.

4. DARTING MACE (front two-hand wrist grab)

- 1. With feet together and opponent's hands grabbing your right wrist, step forward (toward 12 o'clock) and in front of opponent's right leg with your left foot (left neutral bow) as your right hand counter grabs opponent's right wrist and your left forearm is used as a thrusting inward strike before converting to a left vertical punch to opponent's face.
- 2. Drop your left arm down (while still in place) and horizontally across opponent's arms as you pull your right hand out of your opponent's grasp and immediately strike with your right fist vertically to opponent's solar plexus while shifting (in place) into a left forward bow.
- 3. As your left hand delivers an outward chop (palm down) to opponent's throat (while your right hand guards low), simultaneously move your right foot up and alongside of your left foot into a right close cat stance.
- 4. Without hesitation step through into a right neutral bow between 11 and 12 o'clock with your right foot; stepping inside of and through opponent's right knee in order to buckle as you deliver a right heel of palm thrust to opponent's jaw and guard with your left hand.
- 5. Right front crossover and cover out to 6 o'clock.

Required Techniques For Blue Belt**1. SHIELD AND MACE (front straight step through right punch)**

- 1. With feet together, move forward and to your left with your left foot (to 11 o'clock) into a left neutral bow as you immediately pivot to your right into a horse and deliver a right vertical outward block outside of opponent's right arm while simultaneously delivering a left straight punch to opponent's right ribcage.
- 2. Pivot to your left and drop down into a left close kneel as you strike down with a right hammer fist (with your left hand guarding) to upper part of opponent's right kidney driving the force down to the pelvic area.
- 3. Circle your left hand clockwise, pinning opponent's right arm down as your right hand circles counterclockwise striking opponent's face and eyes with a right looping inward heel of palm claw.
- 4. Circle your right hand counterclockwise and down even further, and strike back of opponent's right knee with your right heel of palm to buckle his leg. (Have your left hand execute an overlapping check to same spot.)
- 5. Follow-up with a right knife-edge kick to back of opponent's left knee.
- 6. While your right foot is still in the air, right front crossover and cover out to 8 o'clock.

2. RAKING MACE (front two-hand lapel grab - pull in)

- 1. With feet together and as your opponent pulls you in, have your right foot step forward and to 12 o'clock (into a right neutral bow). Simultaneously strike with a right uppercut punch to opponent's solar plexus as your left hand horizontally pins both of opponent's hands down.
- 2. Immediately have your right hand circle counterclockwise (while your left hand still guards) and have the knuckles of your right fist rake (from 1 o'clock to 7 o'clock) down and across the bridge of opponent's nose; continue the move and strike down (diagonally) on opponent's forearm.
- 3. Follow-up with a right outward chop to opponent's throat.
- 4. And a right inward horizontal elbow to the left jaw of your opponent as your left heel of palm simultaneously strike to opponent's right jaw to cause a sandwiching effect (shuffling as necessary).
- 5. Right front crossover and cover out to 6 o'clock.

3. SQUEEZING THE PEACH (rear bear hug - arms pinned)

- 1. With your feet together and opponent applying hug, move your left foot back to 5 o'clock (into a neutral bow with your eyes focused straight ahead), simultaneously have your left hand grab and squeeze opponent's testicles as your right hand grabs and checks opponent's arms.
- 2. Immediately step forward with your left foot to 2 o'clock into a left neutral bow and deliver a right rear scoop kick to opponent's groin.
- 3. With your right leg still in the air deliver a right stiff leg stomp to 7 o'clock to buckle or break opponent's left leg from the inside of opponent's left knee with the inner portion of your right knee. Simultaneously deliver a right obscure back elbow (palm down) to opponent's jaw while looking over your right shoulder and as your left hand checks low.
- 4. Right front crossover and cover out to 2 o'clock.

4. THUNDERING HAMMER (front straight right punch)

- 1. Standing naturally with feet together, step to your left on a 45i angle (to 11 o'clock) with your left foot into a left neutral bow as you strike with a left inward block to outside of opponent's right arm (preferably at or above the elbow) and cock your right arm parallel to your right thigh as it hangs naturally to the side.
- 2. Shuffle forward (push drag) toward 12 o'clock as you drop into a left wide kneel stance (to outside of opponent's right knee so as to have opponent buckle and drop) and strike horizontally across your opponent's stomach with your right inward horizontal forearm strike while cocking your left arm (your left hand at this point is cocked by your left ear with your palm facing away from you).
- 3. Strike down to opponent's left kidney with a left downward hammer fist as your right arm checks opponent's right arm. You should be in a right close kneel stance facing 4 o'clock.
- 4. Have your left hand shift from the kidney into a horizontal forearm check outside of opponent's right arm as your right arm cocks to your right ear. You should still be in a right close kneel stance facing 4 o'clock.
- 5. Pivot to your left (toward 1 o'clock) into a left close kneel stance as you deliver a right downward hammer fist to back of opponent's neck; your left hand at this point is still checking action of opponent's right arm (left pushdown check).
- 6. Shift your left foot back and slightly to your left (between 7 and 8 o'clock) into a right neutral bow and do a right looping back knuckle strike to opponent's left temple. Shuffle toward 2 o'clock with a right upward heel palm and claw to opponent's face and execute a right front crossover and cover out toward 8 o'clock.

5. WINGS OF SILK (rear two-arm lock)

- 1. With feet together and arms locked from the rear, stomp your left foot onto opponent's left instep; simultaneously have your left hand pinch the nerve located on opponent's crest of the left hip.
- 2. As your right arm starts to slip out of opponent's right arm, simultaneously execute a right back obscure elbow to opponent's chin and a right rear heel scoop kick to opponent's groin.
- 3. Turn and step counterclockwise with your right foot (toward 9 o'clock with a short right step) as your right arm slips completely out of opponent's arm pinching and pinning opponent's left arm with your left, as you begin to twirl out.
- 4. Complete the twirl (360i turn) by circling your left foot counterclockwise (again to 9 o'clock) and end up in a horse stance facing the same direction as your opponent. Simultaneously have your right arm deliver (with your left arm still pinning opponent's left arm) an uppercut forearm strike to opponent's left elbow joint.
- 5. Right front crossover and cover out to 9 o'clock.

6. FLASHING MACE (front straight right punch)

- 1. With feet together, step to 11 o'clock with your left foot (into a left neutral bow) as your left inward blocks the outside of your opponent's right punch at or above the elbow. Simultaneously with the block, cock your right hand above your right shoulder (palm out).
- 2. Immediately step through with your right foot to 10 o'clock (into a transitional right neutral bow) as you deliver a right inward horizontal knuckle rake to opponent's right cheek bone or temple with your left hand still guarding.
- 3. Without any hesitation pivot counterclockwise (you're now facing 4 o'clock) and strike to opponent's right ribcage with a left horizontal outward back knuckle strike and in the same

motion, have your right hand execute an inward heel of palm bracing check to opponent's right upper arm.

- 4. After delivering a right inward bracing check against opponent's right arm follow-up with a left outward check (left hand looks like a waiter carrying a tray). As you drop into a left close kneel stance continue the motion of your right arm and without loss of motion, have your right hand circle counterclockwise as you loop a right overhead back knuckle strike to opponent's face or temple while executing marriage of gravity.
- 5. Left front crossover and cover out to 10 o'clock.

7. FLIGHT TO FREEDOM (hammerlock)

- 1. With feet together and opponent locking your right arm, step back and to your right to 5 o'clock with your left foot (on the ball of your left foot) into a modified right neutral bow as your right hand counter grabs your opponent's right wrist using this stance as a transition only.
- 2. Without any hesitation pivot your entire body counterclockwise into a left neutral bow (or horse stance depending on circumstances) as you attempt to deliver a left outward elbow strike to opponent's face which is blocked.
- 3. Immediately have your left foot step through to 2 o'clock (into a right reverse cat stance) as your right arm straightens and continues to grab opponent's right wrist; pulling in so that the principle of opposing forces is employed.
- 4. From your right reverse cat, deliver a right thrusting back heel kick, using mainly the bottom portion-of the heel to opponent's right ribcage and do a right rotating twist (facing 8 o'clock) as you twist your opponent's right arm clockwise with the assistance of your right hand.
- 5. Follow-up with a left snapping side kick to opponent's left inner knee.
- 6. Without planting your left foot, have it cross in front of your right foot (into a left front twist stance) to 2 o'clock while using your left heel of palm strike to break back of opponent's right elbow, and cover out to 2 o'clock.

8. REPEATED DEVASTATION (full nelson)

- 1. With feet together and while in a full nelson, strike over and back of your head with both of your fists (palms facing forward) to opponent's face (sandwiching his head) as your right foot steps to 3 o'clock into a narrow horse stance.
- 2. Strike both of your elbows down to opponent's biceps (palms still facing forward) while dropping lower in your horse stance and immediately thrust both fists toward the ground (palms facing you) as you straighten and stiffen your knees.
- 3. Step forward (in a straight line) with your left foot toward 2 o'clock into a left neutral bow and pivot clockwise into a right forward bow (facing 8 o'clock) as you deliver a right outward thrusting elbow strike to opponent's right jaw as left hand pins opponent's right wrist.
- 4. Plant your left foot back to the point of origin and regrab opponent's right wrist with your right hand as you step forward with your right foot toward 10 o'clock into a right neutral bow and pivot counterclockwise into a left forward bow (facing 4 o'clock) as you deliver a left outward thrusting elbow strike to opponent's left jaw.
- 5. Left front twist and cover out to 10 o'clock.

9. GRIPPING TALON (front left hand direct wrist grab)

- 1. With feet together and opponent's left hand grabbing your right wrist, circle your right arm counter clockwise as your right foot steps forward (into a right neutral bow) to 12

o'clock. Simultaneously have your left hand assist your right so that it will become a check. Have your left hand circle under your right hand to act as a pinning check before grabbing downward.

- 2. Continue your counter clockwise motion and deliver a right downward hammer fist to opponent's groin. Your left hand is holding and checking opponent's left hand at this point near his left wrist but keeping conscious of opponent's elbow.
- 3. Immediately deliver a horizontal right inward elbow strike to back of opponent's left ribcage and follow through with the action.
- 4. Follow-up with a right back horizontal outward (palm down) elbow to left ribcage.
- 5. Do a left rear crossover as you shoot a right vertical (over shoulder) back knuckle strike to opponent's face. Shoot a right outward back knuckle strike (following through) to opponent's left ribcage as you drop into a left reverse bow (buckling opponent's left leg with your right leg). Simultaneously loop your right inner wrist counter clockwise and strike back of opponent's right side of neck as your left hand continues to pull on opponent's left arm down and to your left to allow you a clear shot for the next move.
- 6. Deliver a right knee kick to opponent's face, crossover and cover out twice toward 6 o'clock.

10. CIRCLING THE HORIZON (front step through punch)

- 1. With your feet together, step to your left with your left foot to 9 o'clock as your left hand parries (inward parry) your opponent's right punch.
- 2. Without any loss of motion, have your right hand circle clockwise, first covering past your groin area and begin to have your right foot cat toward your left foot (into a right 45i cat stance).
- 3. Continue to circle your right foot and your right hand clockwise and step forward with your right foot to a right neutral at 2 o'clock as you deliver a right thrusting back knuckle vertically to opponent's right temple. (Have your right hand travel on the inside of your left arm as it strikes and have your left hand end up guarding your right ribcage; your right foot is checking opponent's right leg.)
- 4. Cock your right arm to your right ribcage and without hesitation, strike your opponent's right ribs with a right inward horizontal elbow strike as you step to a right neutral bow to 2 o'clock.
- 5. Drop down (into a right close kneel) and strike back of opponent's right knee with a right chopping hammer fist to buckle him.
- 6. Follow through with your right hand and immediately strike up to opponent's groin with your right underhand reverse hammer fist. Your left hand is still guarding.
- 7. Right front crossover and cover out twice toward 9 o'clock.

11. RETREATING PENDULUM (front right rear kick)

- 1. While in a right neutral bow, drop back with your right foot into a left front twist stance. Simultaneously deliver a right outside downward block to opponent's kicking leg and check with your left hand by your right shoulder.
- 2. Immediately deliver a right knife-edge kick to opponent's left leg, to inner knee.
- 3. Plant your right foot forward toward 12 o'clock and have your left hand check high (close to your right armpit).
- 4. As your block circles counter clockwise and without losing any motion follow-up with a right overhead downward hammer fist to opponent's neck as you plant your right foot toward 12 o'clock.

- 5. Pivot to your left (into a right reverse bow) and deliver a right rear scoop kick to opponent's groin (your right leg is between your opponent's legs at this point). You may have to drag your left foot toward your right foot to assure proper distance for your rear scoop kick.
- 6. After planting your right foot back into a right reverse bow right front crossover and cover out twice toward 9 o'clock. (Use the right reverse bow to buckle your opponent's left leg if and whenever possible.)

12. CONQUERING SHIELD (front left stiff arm lapel grab)

- 1. With feet together, simultaneously pin opponent's left arm with your left hand as your right vertical forearm strikes against opponent's left elbow to break and as your right ball of foot kicks to inner knee cap of opponent's right leg.
- 2. As you proceed to plant your right foot forward to 11 o'clock (into a right neutral bow) have your right arm glance up and then strike down with your right downward elbow to opponent's left forearm thus forcing your opponent's head down.
- 3. With feet firmly planted, deliver a right upward elbow strike under opponent's chin.
- 4. Follow-up with a right downward heel and claw to opponent's face. Right front crossover and cover out twice toward 6 o'clock.

13. BRUSHING THE STORM (flank right overhead club)

- 1. With feet together and opponent attacking from your right side, step forward and to your right with your right foot to 2 o'clock (opponent is attacking from 2 o'clock while you are facing 12 o'clock). Simultaneously deliver a left inward parry outside of opponent's right arm while striking to opponent's jaw with a right heel of palm thrust which will end up striking under and inside of opponent's right arm.
- 2. Step forward with your left foot (left close kneel stance) to 2 o'clock as you strike to opponent's solar plexus with your right elbow (striking vertically and down) and continue checking opponent's right arm with your left hand.
- 3. Pivot clockwise to your right (into a left neutral bow) facing 4 o'clock as you strike to opponent's groin with a right heel of palm (hooking your right arm toward you). Simultaneously continue to apply your left hand check to opponent's shoulder blade.
- 4. Drop your right foot back toward 10 o'clock into a left neutral bow as your right hand pulls opponent's right leg (sliding your hand to his right knee cap and to levels below that point) toward you as your left hand pushes forward at opponent's right shoulder blade or right hip.
- 5. While holding opponent's right leg with your right hand, deliver a left instep kick to opponent's groin.
- 6. Plant your left foot and deliver a right knife-edge kick to back of opponent's left knee thus buckling him to the ground.
- 7. Right front crossover and over out twice toward 10 o'clock.

14. MENACING TWIRL (left hand rear belt grab)

- 1. With back toward opponent and standing with feet together, step back and to your left with your right foot to 8 o'clock (a rear twist stance) as you deliver a right outward downward block. (Have your left hand in checking position near your solar plexus.)
- 2. Immediately pivot clockwise to 8 o'clock (now facing opponent) and deliver a left heel of palm thrust to opponent's chin while shifting into a right forward bow.
- 3. Follow-up with a left knee kick to opponent's groin.

- 4. Plant your left foot (in place) and immediately deliver a right roundhouse knee kick to inside of opponent's right thigh.
- 5. Have the right foot (from last position) stomp onto the right instep of opponent.
- 6. Right front crossover and cover out twice toward 2 o'clock.

15. THE BACK BREAKER (flank step through right punch)

- 1. With feet together facing 12 o'clock, step forward and to your right to 2 o'clock with your right foot as you execute a double parry (left inward parry followed by your right outward parry) outside of opponent's right arm.
- 2. Step to 2 o'clock with your left foot as your right hand grabs your opponent's right shoulder. Pivot clockwise and have your left hand grab back of opponent's left shoulder.
- 3. Step back to 2 o'clock with your right foot into a left neutral bow as both of your arms pull your opponent's shoulders back, thus disturbing his balance. Without hesitation deliver a right knee kick to opponent's lower spine.
- 4. Drop your right foot back to 2 o'clock into a left neutral bow and increase your two hand pull and force your opponent onto your left knee, striking his upper spine.
- 5. Twist opponent's head clockwise breaking opponent's neck with your right hand and chop to opponent's nose with your right hand.
- 6. While still in place deliver two (right and left) downward back knuckle strikes respectively to left and right collar bones of opponent.
- 7. Just prior to stepping back with your left foot, execute two heel palm claws to opponent's face.
- 8. Slide your left foot back to 2 o'clock (into a left reverse close kneel) as you force your opponent's head to the ground.
- 9. Pivot (in place) toward 2 o'clock utilizing the momentum in striking opponent's right jaw hinge with your right side of heel (heel of the foot).
- 10. Follow-up with a right heel stomp to opponent's right collar bone.
- 11. Right front crossover and cover out twice toward 2 o'clock.

Optional Techniques**1. GATHERING CLOUDS (front straight right punch)**

- 1. With feet together, step to 10 o'clock with your left foot (into a left neutral bow) as your left hand parries your opponent's right punch. Simultaneously deliver a right inward horizontal knuckle rake (palm up) to opponent's right ribcage.
- 2. Follow through with the motion of your right hand and immediately deliver a right horizontal outward chop to opponent's right floating ribs.
- 3. Without hesitation move forward and inside of opponent's right knee (between 10 and 11 o'clock) with your right leg so as to buckle your opponent. Simultaneously strike to opponent's right ribcage with a right inward horizontal elbow strike without cocking. Keep your left hand up as a guard.
- 4. With your right leg between opponent's legs, do a right front scoop kick and plant your right back (into a left neutral bow) to 4 o'clock as you do a right outward horizontal eye slice and circling back in with a right eye gouge and a left outward torquing heel palm.
- 5. Left front crossover and cover out to 4 o'clock.

2. ENTANGLED WING (front arm lock)

- 1. With feet together and forced into a right neutral bow, step forward and to your left with your right foot (to 10 o'clock) as you raise your right arm up and overhead (similar to a right upward elbow strike).
- 2. Pivot (in place) counterclockwise and dropping to right knee, deliver a left back elbow strike to opponent's groin or ribs depending upon the height of your opponent as your right arm pulls opponent's left elbow down and breaks opponent's elbow across the back of your right shoulder.
- 3. Immediately pivot (in place) clockwise and execute a right back elbow strike to opponent's mid-section or right ribcage, depending upon the circumstances. Keep your left hand in a guard position, checking at your right shoulder.
- 4. Right front crossover and cover out to 6 o'clock.

3. RETURNING STORM (roundhouse and backhand club attack)

- 1. Starting in right neutral, drop back (by shuffling back) to 6 o'clock and place both of your arms close (positioning them vertically with your fists at the top) to your chest, as your opponent takes a wild step through roundhouse horizontal club strike which misses.
- 2. As opponent attempts to strike with a returning backhand club strike, step forward with your left foot to 2 o'clock (into a left neutral bow) and have both of your arms strike vertically so that your left forearm strikes at opponent's right elbow joint and your right outer wrist at opponent's right wrist.
- 3. Immediately grab opponent's right wrist with your right hand and push vertically and out with your left forearm as you slide your right foot clockwise to 10 o'clock, keeping constant pressure on your opponent's right elbow.
- 4. Follow-up with a front snapping ball kick to opponent's right ribcage (kick is delivered toward 6 o'clock).
- 5. Plant right foot back to 10 o'clock and do left front crossover and cover out to 12 o'clock.

4. BOW OF COMPULSION (front wrist lock - against chest)

- 1. With opponent pinning your right hand against his chest and with your feet parallel to each other, step forward (to 12 o'clock) with your right foot (right neutral bow) and use a right vertical elbow strike down to opponent's solar plexus or groin, depending on the height of the opponent, as your With your left hand still guarding diagonally, drop down into a right kneel (keeping your back erect) as your drop your right hand down, raking opponent's testicles with a right heel palm claw and immediately following up with a right underhand reverse hand sword to opponent's groin.
- 2. Immediately deliver a right hanging back fist to opponent's left inner knee followed with a hooking knuckle punch to opponent's right inner knee.
- 3. Cross your right foot in front of your left leg as you're getting up and cover out.

5. TWIN KIMONO (front two-hand lapel grab - push out)

- 1. With feet together, drop back (to 6 o'clock) with your left foot (into a right neutral bow) your left arm pins your opponent's arms while simultaneously delivering a right upward forearm against opponent's elbow joints.
- 2. Immediately shift your left foot counterclockwise to 4 o'clock as you cock and deliver a back knuckle strike to opponent's floating ribs.

- 3. Follow-up with a right inward strike to both arms of opponent, striking them diagonally to the left.
- 4. Deliver a right outward chop to opponent's throat.
- 5. Right front crossover and cover out to 4 o'clock.

Required Techniques For Green Belt**1. CIRCLE OF DOOM (front straight right kick)**

- 1. While in a right neutral bow (facing 12 o'clock) and your arms are to your side, pivot to your left into a right reverse bow as you deliver a right inside downward (palm down) in and up against opponent's right kicking leg just behind his right calf. Your left hand is in guard position at this point crossed over your right forearm. Continue circling your right arm counter clockwise to execute a right extended outward block.
- 2. Force your opponent's right leg in a looping counter clockwise arc as you deliver a right rear stiff leg kick up and under opponent's groin (if necessary drag your left foot in to assist you in gauging your distance), striking the groin with the back of your right heel.
- 3. Plant your right foot (in place) and deliver a left hooking kick to your opponent's head.
- 4. Left front crossover without planting your kicking foot and cover out twice toward 6 o'clock.

2. BROKEN GIFT (handshake)

- 1. With opponent squeezing your hand, step forward with your left foot to 1 o'clock as your left hand grabs your opponent's right wrist (for fulcrum) and your left elbow and forearm strikes up and under opponent's right elbow while your right arm pulls down, thus causing an elbow break.
- 2. Step back with your left foot to 7 o'clock into a right neutral bow as your right hand assists your left hand in grabbing and twisting your opponent's right wrist clockwise and back past your left hip.
- 3. Retain left grab and deliver a right outward back knuckle strike to opponent's right temple.
- 4. Slide your left foot counter clockwise to 4 o'clock as you deliver a right inward elbow strike to left jaw of opponent. Depending on the circumstance, a right downward diagonal forearm strike might be more appropriate.
- 5. Right front crossover and cover out twice toward 4 o'clock.

3. INTERCEPTING THE RAM (front tackle)

- 1. With feet together, hop to your left onto your left foot toward 11 o'clock and deliver a right knee kick to opponent's solar plexus. Simultaneously deliver a right inward downward hammer fist to opponent's right kidney.
- 2. With the momentum forcing you back, drop back with your right foot forward 8 o'clock into a left neutral bow and deliver a left inward overhead elbow strike to the upper spine of opponent.
- 3. Immediately slide your left foot counter clockwise to 8 o'clock and deliver a right downward thrusting forearm elbow punch to opponent's left jaw.
- 4. Pivot to your left and deliver a right rear scoop kick to opponent's right jaw.
- 5. Right front crossover and cover out twice toward 8 o'clock.

4. SECURING THE STORM (front right roundhouse club)

- 1. With feet together, step in with your left foot to 12 o'clock (into a left neutral bow) and deliver a left extended outward to the inside of opponent's right wrist. Simultaneously deliver a right vertical punch to opponent's face.

- 2. Slide your right foot clockwise to 10 o'clock (into a left neutral bow) as you deliver a left uppercut over and under opponent's left arm to break the elbow.
- 3. Shift your left foot back to 11 o'clock, still pinning opponent's left arm, and quickly circle your right foot clockwise and back of opponent's right leg (to 6 o'clock) into a left forward bow as you deliver a right heel of palm strike to opponent's jaw thus forcing your opponent to the ground.
- 4. Step back with your right foot toward 8 o'clock; left front crossover and cover out twice toward 8 o'clock.

5. SNAKING TALON (front two-hand push)

- 1. With feet together, drop back with your left foot to 6 o'clock into a right neutral bow as your right hand loops a figure eight, first with a right inward hand sword on the outside of opponent's left hand and a right extended outward hand sword on the outside of opponent's right hand, grasping his right wrist with your right hand while fading back into a right front 45 degree cat stance.
- 2. While your right hand pulls opponent toward you (to your right and down), deliver a right ball kick to opponent's groin (kicking toward 12 o'clock). 3. With your right kicking foot still in the air, have it right front crossover into a right front twist stance toward 7 o'clock.
- 3. Immediately pivot counter clockwise and deliver a left reverse spinning back kick to opponent's abdominal area toward 12 o'clock.
- 4. With back facing your opponent, hop on to your left leg while edging toward opponent (gauge distance correctly) and deliver a right back kick (this is actually a reverse chicken kick) to any opening opponent may have, preferably the face or chest.
- 5. Right front crossover and cover out twice toward 6 o'clock.

6. DESTRUCTIVE TWINS (two-hand choke - pull in)

- 1. With feet together, step forward to 12 o'clock with your right foot (right neutral bow) as you deliver a left overhead punch to opponent's face with a right uppercut to opponent's groin. (Keep your back erect and head up.)
- 2. Move your right foot slightly to your right to 2 o'clock and execute a right inward and left vertical outward combination blocks outside of opponent's left arm. (At the completion of your left vertical outward, you should be in a right forward bow.)
- 3. Immediately thrust your left fingers to opponent's eyes.
- 4. Follow-up by pivoting to your left into a horse as you deliver a right punch to opponent's left ribcage simultaneous with your left hand grabbing opponent's left arm, pulling that arm toward your left hip, palm down.
- 5. Drop your left back to 4 o'clock; and do right inward horizontal heel palm to opponent's elbow; right front crossover and cover out twice toward 4 o'clock.

7. BROKEN RAM (front tackle)

- 1. Have your left foot swing counter clockwise to 4 o'clock into a right neutral bow. Simultaneously deliver a right overhead downward hammer fist to opponent's neck. (Chop can be used.)
- 2. With opponent's left arm still grasping on to your waist, pivot to your left (into a right reverse bow facing 10 o'clock) and deliver a right uppercut against the joint of opponent's left elbow to cause a break.
- 3. Deliver a right back scoop kick to opponent's groin and plant your right foot to point of origin. (Adjust the foot if and when necessary.)

- 4. While planting your right foot, loop your right hand counter clockwise and over opponent's left arm and strike to opponent's left jaw with a right downward hammer fist simultaneously as your right foot plants from previous move (buckling inside of opponent's left leg).
- 5. Right front crossover and cover out twice toward 4 o'clock.

8. ESCAPE FROM DEATH (right rear arm choke)

- 1. With choke being applied, immediately step to your right (to 3 o'clock) with your right foot into a horse stance. Turn your head to your left and tuck your chin against your chest as your right hand grabs and pulls down on opponent's right wrist (anchoring right elbow). Simultaneously deliver a left back elbow to opponent's solar plexus. Follow-up with a left hammer fist to groin.
- 2. Circle your left leg around and back of opponent's right leg toward 7 o'clock and immediately into a left close kneel stance as your right hammer fist strikes to opponent's groin and your left hammer fist strikes to opponent's kidneys.
- 3. Circle your left hand over and under opponent's nose, forcing opponent's head back as you shift to a left forward bow and deliver a right heel thrust to opponent's jaw. Conclude with a right knee kick to outside of opponent's right thigh.
- 4. Replant your right foot; left front crossover and cover out twice toward 2 o'clock.

9. OBSCURE CLAWS (flank left hand shoulder grab)

- 1. Standing naturally and with opponent applying right shoulder grab, step back with your right foot to 6 o'clock (into a left neutral bow) as your right hand circles clockwise and claws (in an upward manner) to opponent's face. Follow-up immediately with a left inward claw to opponent's face and then pin opponent's left hand.
- 2. Without hesitation, step forward with your right foot (toward 12 o'clock into a right neutral bow) and deliver a right uppercut against the left elbow joint of opponent's left arm.
- 3. Step forward to 2 o'clock with your left foot and pivot to your right into a concave stance facing 5 o'clock as your right inverted back knuckle circles toward you, striking opponent's left mastoid in the same hooking motion. Simultaneously deliver a left inward horizontal heel of palm thrust to opponent's solar plexus.
- 4. After following through with your right hand, strike forward and horizontally with the same hand to your opponent's sternum with a right inverted outward middle knuckle fist.
- 5. Right front crossover and cover out twice toward 2 o'clock.

10. CIRCLES OF PROTECTION (front step through overhead right punch)

- 1. With feet together, step to 11 o'clock with your left leg into a left forward bow. Simultaneously deliver a right upward blocking parry (hand open) under and outside of opponent's right punch (your left hand is cocked to your waist).
- 2. Shift to your right, back into a left neutral bow, as you deliver a left upward ripping claw to block under opponent's right arm from the inside in addition to clawing his face in the same motion. Your right (open hand) is cocked high to the right side of your face.
- 3. Continue circling your right hand clockwise and execute a right underhand heel and claw strike to opponent's groin as your left hand cocks on top of your right forearm.
- 4. Without any hesitation deliver a left back knuckle strike to opponent's face as your shuffle forward.
- 5. Left front crossover and cover out twice toward 6 o'clock.

11. TAMING THE MACE (front step through right punch)

- 1. With feet together, step to 11 o'clock with your left foot as your left hand parries (inward) your opponent's right punch from the outside. Simultaneously deliver a right inward chop to inside of opponent's right biceps.
- 2. Immediately, while your left hand checks and grabs opponent's right hand at the wrist, deliver a right back knuckle to opponent's right temple.
- 3. Have your right hand grab opponent's right shoulder as your left foot steps back to 4 o'clock (thus forming a right front twist stance facing 10 o'clock).
- 4. With both of your hands grasping opponent, pivot counter clockwise keeping your arms in close to you), bend your knees and slam opponent against the wall.
- 5. While slammed against the wall, deliver a right roundhouse knee kick to opponent's groin. (This is done with a right inward horizontal elbow strike to opponent's throat thus causing a sandwiching effect.)
- 6. Replant your right foot back to 12 o'clock. Left front crossover and cover out twice toward 12 o'clock.

12. ENCOUNTER WITH DANGER (front two-hand push)

- 1. With feet together, opponent pushes and forces you to the ground onto your back toward 6 o'clock.
- 2. While on your back and as your opponent proceeds to pounce on you, deliver a left vertical knife-edge kick to opponent's groin toward 12 o'clock. Immediately follow-up with a right knife-edge kick (as you flip your body to your left) to opponent's jaw.
- 3. Plant your right foot to your left as you turn onto your stomach facing 6 o'clock.
- 4. Bring your arms under your body and push yourself back as you deliver a left back thrust kick while you're on your right knee; pushing yourself into the action.
- 5. While on your right knee, left front crossover and cover out twice toward 6 o'clock.

13. HEAVENLY ASCENT (front two-hand choke - arms straight)

- 1. With feet together and opponent applying choke, step forward with your right foot to 12 o'clock as both of your hands clasp together and execute a two arm upward wedge strike to inside of opponent's forearms to break the choke.
- 2. Pivot slightly (into a horse) and strike up and against opponent's chin with your right upward elbow.
- 3. Pivot back into a right neutral bow and deliver a right downward back knuckle strike to opponent's face.
- 4. Continue to pivot into a right forward bow as you execute a left heel and claw strike to opponent's nose and eyes. Your right hand is checking at this point.
- 5. Deliver a right half-fist uppercut to opponent's throat as you pivot back into a right neutral bow.
- 6. Right front crossover and cover out twice toward 6 o'clock.

14. CAPTURING THE STORM (front right overhead club)

- 1. With feet together, step forward and to your left with your left foot to 11 o'clock into a horse stance. Simultaneously deliver a cross block (your right hand over your left) to the wrist of the attacking hand. At this point your cross block should be angled off to 1 o'clock so that your head and body are outside of the line of attack.

- 2. Immediately grab your opponent's right wrist with both of your hands, with your left hand facing you and your right hand turned away from you.
- 3. Step forward toward 11 o'clock with your right foot as you circle opponent's right arm down and clockwise while striking the club against your opponent's right knee; continue to circling motion around and up and over your head.
- 4. Retain your grab with your left hand as your right hand grabs outer end of opponent's club.
- 5. Immediately circle your left foot counter clockwise and further back to 9 o'clock (into a right neutral bow) as your right hand forces the club out of your opponent's grasp. Circle your right arm counter clockwise and strike your opponent's right elbow with the club.
- 6. Right front crossover and cover out twice toward 9 o'clock.

15. CROSS OF DEATH (front two-hand cross choke)

- 1. With opponent cross choking you (with his left hand over his right) and you're facing him, pin his hands with your left hand (making sure greater pressure is on his left hand) as you step forward with your right foot to 12 o'clock (into a right neutral bow) buckling your opponent's right knee from the inside. With this step, deliver a right glancing forearm strike against opponent's left elbow to break it. Continue this action and end up with a right vertical punch to opponent's face.
- 2. Immediately deliver a left uppercut to opponent's stomach as your right arm horizontally checks both arms of opponent. (Drop into a right forward bow in the process.)
- 3. Follow-up with a left extended outward hooking parry outside of opponent's left elbow followed by a right chopping punch to opponent's left kidney as your left foot shifts to 4 o'clock (still remaining in a right neutral bow).
- 4. Continue the same motion of your right arm and switch the orbit of your right arm by using a right vertical back knuckle thrust to opponent's left temple.
- 5. Right front crossover and cover out twice toward 4 o'clock.

Optional Techniques**1. GIFT OF DESTINY (handshake)**

- 1. With feet together, step forward and slightly to your left (right neutral bow) to 11 o'clock (this is done to buckle your opponent's right leg) as your left hand grabs your opponent's right wrist and your right elbow strikes in and horizontally to opponent's solar plexus.
- 2. Have your right hand reverse grip on opponent's right hand (from upper to lower side of fingers).
- 3. Step back toward 6 o'clock with your right foot (left neutral bow) as your hand twists your opponent's hand clockwise and your left hand reverses its grasp to assist your right hand in securing the twist.
- 4. Release your right hand and strike to back of opponent's right hand with your right heel of palm thrust to break opponent's wrist as you shift to a forward bow to 12 o'clock.
- 5. Deliver a right snapping ball kick to opponent's solar plexus.
- 6. Plant your right foot to point of origin and left front crossover; covering out twice toward 6 o'clock.

2. TWIST OF FATE (front two-hand push)

- 1. With feet together, drop back with your right foot to 6 o'clock (into a left neutral bow) as both of your hands come up and out (twin extended outward chops) to inside of opponent's wrists.
- 2. Immediately have your left hand grab opponent's right wrist simultaneously as your right hand grabs opponent's left wrist.
- 3. Deliver a right step through slicing heel kick to opponent's right ribcage.
- 4. As you plant your right foot to 10 o'clock, twist your opponent's arms and cross them counter clockwise as you pivot to your left facing 6 o'clock into a left neutral bow.
- 5. Without losing momentum, force your opponent's arms forward and then down and back to flip him on his back, shuffling back as you do so.
- 6. While still grasping his wrists, deliver a right knee kick to upper spine or head of opponent as you pull opponent's arms up and toward you.
- 7. Plant your right foot to point of origin; left front crossover and cover out twice toward 11 o'clock.

3. TWIRLING SACRIFICE (full Nelson)

- 1. With opponent applying full Nelson, have your right foot drop to your right (toward 3 o'clock) into a horse stance and immediately shift into a left close cat as your left foot cats behind and back of opponent's legs toward 8 o'clock as both of your arms grab the back of opponent's knees.
- 2. Lift opponent's legs off the ground.
- 3. Spin counter clockwise and smash opponent against a wall, pole, etc. If opponent is too big and heavy just drop opponent on his back with the possibility of having opponent's head smash down on to the concrete, ground, etc.

4. KNEEL OF COMPULSION (flank step through right punch)

- 1. With feet together and facing 12 o'clock, step forward and to your right to 2 o'clock with your right foot (into a right neutral bow) as you execute a double parry (left hand followed by your right) outside of opponent's right arm.
- 2. Step to 2 o'clock with your left foot as your right hand grabs your opponent's right shoulder. Pivot toward opponent further and have your left hand grab the back of opponent's left shoulder.
- 3. Step back (step through reverse) with your right foot to 2 o'clock into a left neutral bow as both of your arms pull your opponent's shoulder back and down thus disturbing your opponent's balance.
- 4. Follow-up with a right step through knife-edge kick to the back of opponent's left knee thus compelling him to kneel. Plant your right foot forward toward 8 o'clock into a right neutral bow.
- 5. Execute a right inward horizontal elbow strike to right side of opponent's neck, simultaneous with a left inward horizontal heel palm strike thus sandwiching opponent's head.
- 6. Right front crossover and cover out twice toward 2 o'clock.

5. CLIPPING THE STORM (front right thrusting club)

- 1. Step toward 12 o'clock with your left foot (left neutral bow), as you deliver a left downward chop to the outside of opponent's left forearm, simultaneously cocking your right hand near your right ear.
- 2. Shift (in place) to a left forward bow as you deliver a right downward chop to opponent's left wrist.
- 3. Shift (in place) to a neutral bow as you deliver a left outward chop (palm down) to opponent's throat.
- 4. Step forward and back of opponent's right leg with your right foot into a right neutral bow as you deliver a right heel of palm strike under opponent's chin. (Left hand should be checking near your right ribs.)
- 5. Right front crossover and cover out twice toward 6 o'clock.

Required Techniques For Adv Green Belt**1. GLANCING WING (front left uppercut punch)**

- 1. While in a right neutral bow, simultaneously deliver a right inward block outside of opponent's left uppercut while delivering a left vertical fist to opponent's face.
- 2. Immediately hook your left hand down and out (clockwise) outside of opponent's left arm as you deliver a right chopping uppercut punch to opponent's left ribcage.
- 3. Slide your left foot counter clockwise to 4 o'clock (into a right neutral bow) as your left hand hooks back of opponent's neck, thus forcing your opponent down.
- 4. With Opponent stooping over, deliver a right thrusting diagonal forearm elbow punch to opponent's left jaw.
- 5. Right front crossover and cover out twice toward 4 o'clock.

2. LEAP FROM DANGER (rear two-hand push)

- 1. As opponent pushes you from the rear, take a forward roll on your right shoulder toward 12 o'clock and leap up facing opponent at 6 o'clock while shuffling back into a left neutral bow fighting stance.
- 2. As your opponent proceeds to attack you, leap to your left to 4 o'clock and with your left foot and deliver a right roundhouse kick to opponent's solar plexus. Plant you right foot toward 8 o'clock.
- 3. Pivot counter clockwise and deliver a straight left back kick to opponent's right ribs (kicking toward 8 o'clock).
- 4. Left front crossover and cover out twice toward 2 o'clock.

3. SQUATTING SACRIFICE (read bear hug - arms free)

- 1. With opponent applying rear bear hug (arms free) and with feet together, step to your right (to 3 o'clock) with your right foot into a horse, as both of your elbows strike down to opponent's forearm, squat on opponent's right knee as both of your hands then grab and pull on opponent's right ankle; the pulling and squatting could cause the knee to break of the counter force.
- 2. Immediately twist opponent's right ankle counter clockwise as your right leg circles clockwise (preferably raking across opponent's face in the process) and plants to 7 o'clock into a left close kneel stance while still facing 12 o'clock.
- 3. Pivot (in place) into a right forward bow as you now face 6 o'clock.
- 4. While still maintaining grab with your right hand, step forward with your left foot to 6 o'clock into a left close kneel stance (paralleling opponent's body) and have your left hand grab opponent's left wrist.
- 5. Support your weight onto your left leg as you cock your right leg high to your waist.
- 6. Pull and jerk up with both of your arms as your right foot stomps to lower spine of opponent.
- 7. right front crossover, sweeping in opponent's arm down and cover out twice toward 4 o'clock.

4. CIRCLING DESTRUCTION (front step through left punch)

- 1. With feet together of while in a right neutral bow, move your right foot to 1 o'clock as you deliver a right inward and left outward hooking parry (palm up) to outside of opponent's

activated left punch. In the same motion, deliver a right back knuckle strike to left ribcage of opponent.

- 2. Shift your left foot to 4 o'clock (into a right modified neutral bow) as your left hand heel palm and claws inward to opponent's face immediately followed by a right chop to right neck of opponent.
- 3. Deliver a right front scoop kick to opponent's groin simultaneous with a left outward heel of palm thrust to opponent's back.
- 4. Plant your right foot in back of you (toward 4 o'clock). Left front crossover and left reverse step through toward 4 o'clock.

5. DETOUR FROM DOOM (front right roundhouse kick)

- 1. While in a right neutral bow, quickly shift your left foot to 4 o'clock. Simultaneously deliver a left downward block to opponent's right leg with a right vertical fist to opponent's face. (At this point, you should be in a right 45 degree cat stance).
- 2. From a right 45 degree cat stance, deliver a right ball kick to opponent's groin.
- 3. Plant your right foot toward 10 o'clock into a right neutral bow as you simultaneously execute a left vertical punch to opponent's solar plexus over your right arm as it checks opponent's arms down with a right horizontal forearm check.
- 4. Deliver a right back knuckle to opponent's stomach as your left foot shifts to 3 o'clock into a right neutral bow.
- 5. Have your left hand hook downward on back of opponent's neck as you continue circling your right arm counter clockwise and deliver a right hammer fist to the back of opponent's neck.
- 6. Right front crossover and cover out twice toward 3 o'clock.

6. CIRCLING FANS (front straight left and right punch)

- 1. With feet together, step back into a right neutral bow to 6 o'clock and execute a double circular parry (with both done slightly diagonally and inwardly) commencing with your right hand first to the top and side of opponent's left punch and then your left hand to the top and side of opponent's right punch while sliding your right foot back into a 45 degree cat stance and cocking your right hand to the center of your chest while keeping your left hand high in guard position.
- 2. Deliver a right front snap kick to opponent's groin toward 12 o'clock.
- 3. As you plant your right foot forward (into a right neutral bow) deliver a right thrusting vertical back knuckle to opponent's forehead (right between the eyes).
- 4. Left front (twist stance) crossover as your right horizontal downward forearm checks opponent's arms and as you deliver a left vertical punch to opponent's sternum.
- 5. From a left front twist stance, deliver a right upward knee kick to opponent's groin (right arm still checking, left fist still in punching position).
- 6. As your right foot plants to 11 o'clock (buckling opponent's right knee from the inside) deliver a right upward lifting forearm punch under opponent's chin. (Left hand should now be checking opponent's arms).
- 7. Right front crossover and cover toward 5 o'clock.
- 8. Left rear crossover and right back kick to any available opening.
- 9. Right front crossover and cover out twice toward 5 o'clock.

7. GLANCING SPEAR (front direct left wrist grab)

- 1. With feet together and opponent's right hand grabbing your left wrist, step back with your right foot (into a left neutral bow) to 6 o'clock as your right hand goes under your own left wrist and grabs (palm out) opponent's right wrist.
- 2. Immediately shift into a left reverse bow as your right hand, which is still maintaining the grab, pulls your opponent down and toward you toward the direction of 6 o'clock.
- 3. Shift into a left neutral bow as your left elbow strikes to opponent's right ribcage (the palm of your left arm should be facing the ground). Have your right hand continue to grab so as to control your opponent, pulling opponent's arm past you.
- 4. Have your right hand release the grasp and have the heel of palm of the same hand strike the opponent's forearm and in a glancing, dipping motion strike to opponent's eyes with the finger tips of the same hand.
- 5. Immediately sweep opponent's right foot with your left foot while executing a left front crossover while moving toward 5 o'clock.
- 6. Pivot out of twist stance (clockwise) and right stiff-leg sweep to back of opponent's legs to drop opponent, ending up in a wide left front twist stance toward 12 o'clock.
- 7. Without losing momentum have right sweeping leg immediately turn into a right downward roundhouse kick to opponent's head toward 12 o'clock.
- 8. Right front crossover and cover out twice toward 6 o'clock.

8. THRUST INTO DARKNESS (right punch directly from the rear)

- 1. With feet together, step forward with your right foot toward 2 o'clock into a left reverse close cat stance (as opponent attacks from the rear with a right punch) to give you distance, and immediately deliver a left back kick toward 7 o'clock to opponent's stomach thus causing him to bend forward.
- 2. With your left foot still in the air, plant your left foot to 4 o'clock (assuming both you and opponent are presently facing 12 o'clock) into a wide left rear twist stance and immediately pivot counter clockwise (ending in a left neutral bow facing opponent at 6 o'clock) and without hesitation deliver a right front snap ball kick toward 7 o'clock to opponent's jaw or sternum (opponent should be bending forward at this point toward 12 o'clock).
- 3. Plant your right foot forward into a right neutral bow toward 7 o'clock and assuming that the kick forced your opponent back, do a left front crossover toward 7 o'clock and right side kick to inside of opponent's left knee.
- 4. Plant your right foot forward (right forward bow) toward 7 o'clock and simultaneously deliver a right back knuckle thrust to opponent's right temple and a left vertical thrust punch to opponent's right ribs.
- 5. Right front crossover and cover out toward 2 o'clock.
- 6. Left rear crossover and return with a right back kick to opponent's head toward 7 o'clock.
- 7. Right front crossover and cover out twice toward 2 o'clock.

9. PROTECTING FANS (front left and right punch with opponent's left leg forward - the same sequence may be used for a right and left punch)

- 1. While standing naturally move your left foot forward and to your left to 10 o'clock (into a left neutral bow) as you deliver a left inward horizontal parry inside of opponent's left punch.
- 2. As opponent delivers a right punch, pivot (in place) into a left forward bow toward 10 o'clock as you deliver a right extended outward chopping block toward 2 o'clock (hand open) to outside of opponent's right punch (with your left hand cocking to your left hip).

- 3. Immediately (pivot your body to the right at the waist only) deliver a left horizontal finger poke to opponent's eyes with a right ball kick to opponent's groin toward 2 o'clock as your right hand grabs and pulls down on opponent's right wrist (pull opponent's arm down and past your right hip).
- 4. Plant your right foot (which just kicked) to inside of opponent's right thigh as your left hand checks opponent's right arm downward and as your right inward horizontal elbow strikes to opponent's sternum or left ribcage or head depending on circumstances.
- 5. With your left hand still checking, execute a right front scoop kick to opponent's groin followed by a right two-finger hook to opponent's eyes (hooking from your right to left) as you move back in addition to thrusting a left heel jab to opponent's sternum in the process.
- 6. Left front crossover (after landing in a left neutral bow) and cover out twice toward 5 o'clock.

10. DESPERATE FALCONS (front two-hand grab to wrists)

- 1. With feet together and opponent grabbing your wrists from the front (opponent's left hand grabbing your right wrist and right grabbing your left wrist) move your left foot forward and to your left between 11 and 12 o'clock (into a left neutral bow) as both arms circle clockwise so as to loop over both arms of your opponent (forcing opponent's arms down).
- 2. Immediately follow up with a left forward back knuckle to opponent's face simultaneous with a right forward vertical fist to opponent's solar plexus.
- 3. Without hesitation step forward into a right 45 degree cat stance toward 12 o'clock and deliver a right vertical or diagonal back knuckle strike to opponent's right temple as your left hand checks down and presses against opponent's right arm.
- 4. Step forward (hugging inside of your opponent's right leg) with your right foot to 12 or 1 o'clock into a right neutral bow and deliver a right horizontal inward elbow strike to opponent's face (left hand is still pressing and checking opponent's right arm down).
- 5. Immediately shift into a right reverse bow (in place) while delivering a right downward diagonal hammer fist to opponent's right kidney. (Left hand is checking slightly higher).
- 6. Execute a left rear crossover toward 2 o'clock and immediately plant your right leg into a right reverse bow in order to buckle inside of opponent's left leg.
- 7. Right knee kick to inside of opponent's right thigh toward 8 o'clock.
- 8. Right front crossover and cover out twice toward 8 o'clock.

11. UNFURLING CRANE (front left and right punch with opponent's right leg forward)

- 1. While standing naturally step back with your left foot into a right neutral bow (shift your hands into guarding position), deliver a right vertical outward block to inside of opponent's left punch.
- 2. Immediately shuffle in and execute a right inward and left outward combination on the inside of opponent's right punch, continuing the right inward and transforming it into a right inverted downward hammer fist strike to opponent's groin. (Left hand checks).
- 3. Follow up with a left inward overhead claw and right rolling vertical back knuckle thrust to opponent's face.
- 4. Again strike down to opponent's groin with a right rolling inverted downward hammer fist. (Left hand checks).
- 5. While close (shuffle in if necessary) in to your opponent, strike up and to his jaw with your right elbow (obscure wing fashion) continuing the move and transforming it into an inverted upward five-finger claw to opponent's face.

- 6. In the same move deliver a left heel of palm strike to opponent's solar plexus and a right front scoop kick to opponent's groin. At this point your right hand is raised and cocked above your head and you should be balancing on your left leg in a one legged stance with your right foot cocked.
- 7. Simultaneously deliver a right inward hammering chop to opponent's neck and a right side kick to inside of opponent's right knee.
- 8. Right front the kick go into a right front crossover and cover out twice toward 6 o'clock.

12. DECEPTIVE PANTHER (combination front right snap kick (low) and right roundhouse (high))

- 1. While in a right neutral bow shift your left foot to 4 o'clock (angle change) and as your opponent's kick is delivered have your guarding hands change so that you position them into a left downward and right inward to block both kicks (universal block), the low kick with your left arm and the high kick with your right arm.
- 2. As opponent is in the process of covering out deliver a right hopping side kick to opponent's left inner knee to buckle him.
- 3. Plant your right foot forward into a right neutral bow (facing opponent) and immediately pivot clockwise (in place) into a right front rotating twist stance as you deliver a right downward back knuckle strike to opponent's right mastoid followed by a left downward hammer fist to opponent's right kidney.
- 4. Have your left hand check opponent's right elbow while still in a right front rotating twist stance. Immediately pivot counter clockwise (untwisting out of the stance) and deliver a right lifting stiff-arm back knuckle strike to opponent's face, making facial contact when your transition move takes you to the point of a close right neutral bow stance.
- 5. Continue to twist counter clockwise. When you are almost turned completely around into a right reverse cat stance deliver a right back thrust kick to any available opening. Make sure the kick is delivered while take advantage of the torquing movement and the momentum associated with it.
- 6. Right front crossover and cover out twice toward 5 o'clock. (Cover out from your kicking position).

13. ROTATING DESTRUCTION (right front snap kick and left spinning back kick combination)

- 1. While in a right neutral bow (with your left hand cocked high near your sternum and your right hand hanging low near your right leg) and as your opponent delivers a right front snap kick, execute a right inside downward block palm down (shuffling back in you have to) and continue to loop the right arm downward and outward into a extended outward block thus forcing your opponent clockwise and over so that his back faces toward you.
- 2. As opponent does a left spinning back kick (toward 6 o'clock) strike down to opponent's right leg with a right chopping downward diagonal block as your right foot drops back into a right rear twist stance.
- 3. Pivot clockwise and deliver a left roundhouse kick to opponent's head.
- 4. Plant your left foot (adjusting it accordingly) and deliver a right spinning hooking heel kick to opponent's solar plexus.
- 5. Right front crossover and cover out toward 6 o'clock without first planting the right foot.
- 6. Return with a right hopping side kick to any available opening (kicking toward 12 o'clock).
- 7. Right front crossover and cover out twice toward 6 o'clock.

14. UNFOLDING THE DARK (left step through punch from right rear flank)

- 1. With back toward your opponent and assuming direction you're facing is 12 o'clock, as attack commences hop onto your left leg to 10 o'clock and deliver a right knife-edge kick to left knee of opponent.
- 2. Plant your right foot to 5 o'clock, drag your left foot, and right back kick again to opponent's left rib cage. Plant your right foot toward 5 o'clock into a right inverted neutral bow.
- 3. Have your left leg (stiff-leg) sweep counter clockwise along the ground (180 degree sweep) and buckle your opponent's leg so as to bend him backwards.
- 4. Simultaneously execute a left back knuckle (as your stance changes from a left reverse bow to a left neutral bow) to opponent's left kidney. This action should have your opponent bend backwards even further.
- 5. Immediately deliver a right inward overhead downward (diagonal if necessary) hammer fist strike to front of opponent's sternum while dropping in a left close kneel.
- 6. Force your opponent to the ground with the assistance of your right inward overheard hammer fist strike.
- 7. With opponent now with his back on the ground, deliver a right back stomp kick to opponent's face or to whatever target that's open depending upon the position of your opponent's head.
- 8. Right front crossover and cover out twice toward 2 o'clock.

15. LEAP OF DEATH (front straight right punch)

- 1. With feet together, step back with your right foot (into a left neutral bow) to 6 o'clock as your right hand delivers a right extended outward chop to outside of opponent's right wrist (punching hand of opponent) and immediately turns into a right hooking crane hand (grabbing or hooking opponent's right wrist). Simultaneously strike to outside of opponent's right elbow with a left inward horizontal heel palm strike (to break opponent's elbow).
- 2. Shift (in place) into a left reverse bow continuing your right hand grab (or hook) as well as pressure on opponent's right elbow with your left heel palm and jerk opponent to your right toward 6 o'clock.
- 3. Immediately shift into a left forward or neutral bow (depending upon how close your opponent is to you) as your left back knuckle strikes horizontally to opponent's right ribcage with your right hand still maintaining grab (or hook).
- 4. Again shift (in place) into a left reverse bow restriking opponent's left elbow with your left heel palm (force is now in a downward motion) while your right hand jerks opponent's arm down toward the ground so as to force your opponent t the ground (face down).
- 5. Leap into the air with both feet cocked under you and with both of your hands cocked to your chest (palm up in the begging fashion).
- 6. Come down on opponent so that both heels of your feet strike to both of opponent's kidneys (right heel of foot to opponent's right kidney, left heel of foot to opponent's left kidney) and slide off to sides of kidneys. Simultaneously have the heels of your palms strike to back of opponent's mastoids (right heel of palm to right mastoid and left heel of palm to left mastoid) to force opponent's face to hit and bounce on the ground.
- 7. From the reaction of your opponent's face hitting the ground and bouncing back up, slip both of your hands along opponent's face (after heel of palm strikes to opponent's mastoids) and under opponent's chin.
- 8. Immediately switch (in place) from a horse stance to a concave stance and pull up and toward you with both of your hands and arms (pulling up on opponent's chin) as you knees

brace down and against opponent's back. Pull and stretch your opponent's neck up and back to its very limit.

- 9. Without loss of motion, twist your opponent's head and neck clockwise (pulling up and against you opponent's chin with your right hand and pushing down on the back of your opponent's head with your left hand) to snap opponent's neck.
- 10. With your right hand cocked to your right ear (palm out) and your left hand pushing your opponent's head down, immediately follow up with a right inside downward (palm up) chop to bridge of opponent's nose.
- 11. Switch (in place) into a right close kneel and drop your left knee to opponent's upper spine (using the opponent's body as a springboard) with a left hand push to back of opponent's head and again force opponent's face to the ground (drop and spring into next move).
- 12. After bouncing on opponent's back spring up and leap, turning your body counter clockwise in mid-air and land with your left foot to the right of your opponent's body as a right downward roundhouse kick is delivered to your opponent's head (bend your left knee deeply upon right roundhouse kick delivery).
- 13. Right front crossover and cover out twice toward 9 o'clock.

Optional Techniques

1. FATAL DEVIATION (Front- Right & Left Punch Combination)

- 1. Standing naturally, have your left foot step back toward 6 o'clock into a right neutral bow (facing 12 o'clock) as you execute a right inward block to the inside of your opponent's right punching arm. Have your left hand positionally check in front of your solar plexus.
- 2. As your opponent delivers a left roundhouse punch, shuffle forward into a right forward bow, while delivering a right extended outward block to the inside of your opponent's left punching arm. Simultaneous with your shuffle and block, execute a left thrusting vertical punch to your opponent's face. (This should snap your opponent's head back and keep his depth zone in check.)
- 3. Immediately pivot counterclockwise) into a right neutral bow, as you execute a right thrusting inward handsword to the left side of your opponent's neck. Again have your left hand positionally check in front of your solar plexus. (This should stun your opponent.)
- 4. Without hesitation execute a left front crossover and while in a left front twist stance have your right hand circle counterclockwise, and diagonally down, to force your opponent's right arm against the right side of his body and him. Your right elbow should positionally check your opponent's left arm at the same time. Simultaneous with this action have your left hand circle clockwise and execute a left inward horizontal heel palm strike (finger tips pointing out with your left elbow anchored) to the right side of your opponent's jaw. (This should daze your opponent.)
- 5. Have your right foot step out into a right neutral bow (toward 11:00 while facing 12 o'clock) to buckle the inside of your opponent's right knee. With your left heel palm still braced against your opponent's right jaw have your right arm circle counterclockwise and execute a right inward horizontal elbow strike to the left side of your opponent's jaw. (This action should sandwich your opponent's jaw and cause him to pass out.)
- 6. Immediately pivot counterclockwise (inplace) into a right reverse bow to further buckle the inside of your opponent's right leg and expose his groin. While employing your right reverse bow, execute a right back hammerfist to your opponent's groin. Your left hand should be checking over your right shoulder. (Your opponent should bend forward at the waist.)
- 7. Right front crossover, and cover out toward 7:30.

- 8. Survey the outcome of your action.
- 9. Return by executing a left rear crossover followed by a right thrusting back heel kick to your opponent's stomach. (Your opponent should fall to the ground at this point.)
- 10. From the point of contact of your right kick, execute a right front crossover, and cover out twice in the direction of 6 o'clock.

2. FALLING FALCON (Front - Right Direct Lapel Grab)

- 1. Standing naturally, have your right foot step forward into a right neutral bow to the outside of your opponent's right leg. As you step, have your left hand pin your opponent's right grabbing hand to your chest. Simultaneous with these action, deliver a right upward elbow strike to your opponent's right shoulder at the head of the humerus.
- 2. Immediately convert your forward momentum into rotational momentum, as you pivot into a right reverse bow. This is a strikedown that is counter balanced by having your right leg act as a trip to your opponent's right leg. (Your opponent should be in pain from the strike and stunned by the impact of the fall.)
- 3. Your opponent will fall on his back with his head toward 6 o'clock. As he is falling, continue to control his right wrist with your left hand. Simultaneously have your right hand circle inside of his right arm (contouring with the back of your hand). At the moment he makes contact with the ground, pivot into a left reverse bow. In sync with your pivot have your right hand grab your opponent's right wrist, and twist it clockwise, applying great pressure on his right wrist and shoulder. Simultaneous with these actions deliver a left underhand heel palm strike to your opponent's right elbow. (This strike should break his right elbow and limit his retaliatory actions.)
- 4. Cock your left leg, as you have both of your hands grab your opponent's right arm. Deliver a left knife-edge kick tot he right side of your opponent's neck. As you kick, pull on your opponent's arm to cause a possible shoulder dislocation. The two opposing forces will also enhance your kick to the side of your opponent's neck.
- 5. Have your left hand circle inside of your opponent's right arm (contouring with the back of your hand). Plant your left foot toward 5 o'clock and immediately pivot into a left forward bow. In sync with your pivot have your left hand grab your opponent's right wrist, and twist it counterclockwise, applying great pressure on his right wrist and shoulder. (Your opponent's elbow at this point should be facing down and toward the ground).
- 6. While still maintaining your left hand grab, utilize the residual torque of your pivot to deliver a right kick using the right side of your shin (the peroneus longus muscle) to strike the back of your opponent's right elbow (to break it further).
- 7. From the point of contact of your right shin kick, deliver a right back scooping heel kick to your opponent's right ribcage or right kidney. (This should snap your opponent's torso up.)
- 8. With your right foot passing through your opponent's ribs or kidney, and now cocked in the air, execute a right downward looping roundhouse kick to your opponent's solar plexus with the ball of your right foot. Your left hand his still maintaining the grab of his right wrist. (This should shock your opponent.)
- 9. From the point of contact of your right kick, execute a right front crossover sweep of your opponent's right arm, and cover out twice toward 4:30.

3. DOMINATING CIRCLES (Front - Offset Right Hand Grab To Right Shoulder)

- 1. Standing naturally, have your right foot circle clockwise into a horse stance, planting it in back of an down on your opponent's right leg to buckle it. As you circle your right leg, circle a right outward overhead elbow strike. In sync with the planting of your right foot, have

your elbow strike down and on top of your opponent's right forearm. During this action have your left hand check your opponent's right shoulder.

- 2. This is a sophisticated transitional buckle that first travels downward, before rotating into a reverse bow that trips your opponent. As you pivot into a right reverse bow, deliver a right thrusting heel palm strike to the right side of your opponent's mandible. Your left hand is still checking your opponent's right arm. (This should daze your opponent and begin to turn him counterclockwise.)
- 3. Have your right foot spring forward toward 10:30 into a right front twist stance. As you spring forward, deliver a left outward handsword to your opponent's throat. Your right hand contours down his right arm, acting as a sliding check, until it grabs and controls his right wrist.
- 4. Have your left foot step out toward 10:30 into a left neutral bow. As you step out control manipulate your opponent by having your left hand hook around your opponent's neck. This should further turn his head and body counterclockwise (from your point of view) so that he is face down near your left thigh. Simultaneous with these actions, have your right hand assist in turning your opponent by applying a hammerlock on his right arm. (Your opponent is falling toward the ground.)
- 5. Have your right foot slide clockwise toward 10:30 into a left neutral bow (facing your opponent at 4:30). Be sure that you are in control maintenance of your opponent. Without loss of momentum, push-drag reverse toward 10:30. As you push-drag, yank his right arm toward you to dislocate his shoulder. Your left hand assists your right hand in the dislocation.
- 6. Drop into a left close kneel stance, having your right knee smashing and sandwiching your opponent's face and head to the ground.
- 7. From the point of Contact of your right knee strike, gradually ascend into a left front crossover and cover out twice toward 9:00.

4. ESCAPE FROM DARKNESS (Left Rear Flank - Right Step Through Punch)

- 1. Your opponent approaches from 7:30, and delivers a right step through punch toward your head. Hop toward 1:30 onto your right foot into a transitory right one-legged stance, as you immediately counter your opponent's punch with a left thrusting knife-edge kick to the outside of his right knee. Your hands are positionally checking (to your left) in the Neutral Zone. (This should stop your opponent's forward momentum, as well as force him to bend forward.)
- 2. Plant your left foot toward 7:30 (gauging the leg to obtain proper distance) and immediately spin clock-wise as you deliver a right spinning stiff-leg sweep to the back of your opponent's right knee. (This should cause his right knee to buckle to the ground).
- 3. Pivot your upper body clockwise and plant your right foot forward into a right neutral bow (facing 7:30). Immediately have your left foot step forward (toward 7:30) into a left neutral bow as (1) your right hand gravitationally checks your opponent's right shoulder, (2) your left knee braces against his back, and (3) you deliver a left vertical punch to the right side of your opponent's jaw. The force of your punch should carry your fist through, and in front of his face.
- 4. With your left knee checking your opponent's back, reverse the motion of your left hand and execute a left outward claw across the face of your opponent. During the same flow of motion, deliver a right inward downward diagonal hammerfist strike to the left side of your opponent's jaw. This strike should conclude with your right forearm dropping, as well as to the back of, your opponent's right shoulder to keep him in check.
- 5. Have your right foot slide clockwise and back toward 4:30 into a left neutral bow (facing 10:30). With this action have your right hand (which is still to the left of your opponent's

face) grab under your opponent's jaw. As you pull with your right hand, execute a left heel palm strike to your opponent's right mastoid (as in Leap of Death). The simultaneous pull and strike is for the purpose of snapping your opponent's neck.

- 6. Left front crossover, and cover out toward 4:30.
- 7. With your opponent still on his knees execute a right rear crossover followed by a left (counterclockwise) hooking heel kick to your opponent's face. (Your opponent should fall to the ground.)
- 8. From the point of contact of your kick, again execute a left front crossover, and cover out twice in the direction of 4:30.

Required Techniques For 3rd Brown Belt**1. FALCONS OF FORCE (left and right shoulder grab)**

- 1. With feet together and flanked by two men grabbing both of your shoulders, have your right foot step to 2 o'clock into a horse stance as you deliver a right outward hand sword to opponent number one's throat (opponent number one is to your right). Have your left hand in guard position near your right shoulder.
- 2. Have your right foot pivot counter clockwise to 10 o'clock and deliver a right inward horizontal slicing eye rake (palm down) and an outward hand sword with your left hand to number two opponent's throat (opponent number two is to your left) as your right hand guards.
- 3. Shift your left foot counter clockwise to 10 o'clock as you simultaneously deliver a right raking inward strike with intent to hurt or defend against opponent's probable retaliation with punches.
- 4. Right front snap kick to opponent number one's groin.
- 5. Plant your right foot forward (into a right neutral bow) toward 4 o'clock, left rear crossover and right back heel kick to opponent number two's solar plexus toward 6 o'clock.
- 6. Right front crossover and cover out twice toward 12 o'clock, ending in a left neutral bow facing 6 o'clock.
- 7. Deliver a right 360 degree spinning stiff-leg sweep clockwise across the path of both opponent's and stopping the right leg between 10 and 11 o'clock.
- 8. Left front crossover and cover out twice toward 12 o'clock.

2. THE BEAR AND THE RAM (front right step through punch and rear bear hug - arms free)

- 1. With feet together facing 12 o'clock and rear opponent applying rear bear hug (arms free) and front opponent executing a right step through-punch, simultaneously deliver a right inward block to inside of front opponent's right punch and a right front thrust kick to groin of same opponent.
- 2. Plant your right foot to 3 o'clock (into a horse stance). Simultaneously strike down with both of your elbows against rear opponent's forearms (after having raised them).
- 3. Have your left foot cat around and behind of rear opponent's left leg and into a reverse bow (left reverse bow). Plant the left foot to 7 o'clock.
- 4. Pivot to your left and deliver a left upward outward diagonal elbow strike to opponent's chin (while in a left neutral bow) and a right downward diagonal hammer fist to opponent's groin (while pivoting into a left forward bow).
- 5. Rear left (twist stance) crossover to 12 o'clock and deliver a right back heel kick to sternum of front opponent.
- 6. Without planting your right foot (after retrieving it from the kick position) immediately pivot toward 6 o'clock and deliver a right front snap kick to any opening on rear opponent (kicking at and near the ground).
- 7. Right front crossover and cover out toward 3 o'clock.
- 8. Left front snap kick to any opening on rear opponent.
- 9. Left front crossover and deliver a right knife-edge kick to front opponent, kicking to any available opening in the direction of 11 o'clock.
- 10. Right front crossover and cover out twice toward 3 o'clock.

3. COURTING THE TIGER (left and right arm grab)

- 1. With feet together and opponents executing grabs on both of your arms, step back and to your left to 8 o'clock with your right foot (right rear twist stance) in the hope of trying to stomp foot of left opponent as your right hand grabs your opponent's right arm (opponent to your right) and pulls him toward you, simultaneously push the opponent who is to your left away from you with your left arm (anchoring you left elbow down and into left opponent's right ribs).
- 2. Deliver a right side kick toward 3 o'clock to outside of the left knee of opponent to your right.
- 3. Immediately plant your right foot in front and to the left of your left foot (right front twist stance) and have your left knee strike up and back of right knee of left opponent. (This is done to lift his right leg off of the ground and place all of opponent's weight onto his left leg.)
- 4. While your left leg is still in the air, kick left inner knee of opponent to your left with your left foot sword (knife-edge of the foot).
- 5. Plant your left foot back toward 3 o'clock into a left reverse twist stance as you execute a right back knuckle strike to head or any opening on opponent to your right whether he be standing, kneeling, or otherwise.
- 6. Without hesitation deliver a chicken kick (double kick with left foot then right foot) to opponent on you; left (left foot kicking to opponent's ribs and right foot to opponent's face or solar plexus).
- 7. From right kicking position plant your right foot toward 9 o'clock into a right neutral bow as you strike to left opponent's temple or face with an upward right stiff arm lifting back knuckle strike.
- 8. Immediately deliver a right snapping stiff-leg kick to underneath of opponent's jaw who is to your right.
- 9. Right front crossover and cover out twice, remaining equal distance from both opponent's as you cover out toward 6 o'clock.

4. THE RAM AND THE EAGLE (front right punch and left rear collar grab)

- 1. With feet together and rear opponent applying a collar grab with his left hand (from the rear at 6 o'clock) and the opponent in front throwing a straight right punch from 12 o'clock, step back with your right foot (into a left neutral bow) to inside of rear opponent's left knee (to buckle) and deliver a right reverse raking knuckle strike to bridge of nose of rear opponent. Simultaneously deliver a left inward block to outside of right punch of front opponent.
- 2. Have your right foot step through to 10 o'clock into a right inverted neutral bow with your head facing 12 o'clock (this is just a transitory stance) as you deliver a right knuckle rake to bridge of nose of front opponent (as you continue to guard with your left hand).
- 3. Immediately pivot counter clockwise (while in place into a left neutral bow (facing 4 o'clock) and deliver a left horizontal back knuckle strike to left ribcage of front opponent as your right hand continues from the rake and guards to the left of your face (bracing angle) followed by having your left hand loop over and down (left outward hook) across opponent's right forearm to also act as a check.
- 4. Follow-up with a right front snap kick to stomach of opponent who was originally behind you (kicking toward 4 o'clock).
- 5. Plant your right foot forward into a right neutral bow and proceed (on original rear opponent) with the five swords technique sequence.

- 6. Pivot in place into a left front rotating twist stance facing 12 o'clock (a slight shift places you in a left front rotating twist stance) and deliver a right roundhouse kick to (original) front opponent.
- 7. Right front crossover (toward 6 o'clock) with left chicken hop kick to (original) rear opponent.
- 8. Left front crossover and cover out twice, positioning yourself so that you end up midway between opponents (covering out toward 3 o'clock).

5. GRASPING EAGLES (right front lapel grab and rear right arm grab)

- 1. With feet together and grabs being applied by both opponents, simultaneously execute a left inward strike to outside of first opponent's (front opponent who's attacking from 12 o'clock) right elbow while delivering a right front snap kick to groin of first opponent and a right back hammer fist strike to groin of second opponent who is at 6 o'clock.
- 2. Plant your right foot forward to 12 o'clock (buckling first opponent's right knee if it is in line of the move) and deliver a right heel of palm thrust to chin of first opponent (front opponent is at 12 o'clock) and a left back underhand heel strike to groin of second opponent (rear opponent at 6 o'clock).
- 3. With right heel thrust driving first opponent (front opponent) back, deliver a left front snap kick to groin of front opponent.
- 4. From left kick position plant your left foot back to gauge distance and immediately deliver a right back heel thrust kick to stomach of rear opponent.
- 5. Right front crossover and cover out twice to 9 o'clock, positioning yourself so that you end up midway between opponents.

6. GATHERING OF THE SNAKES (front left punch and rear right punch)

- 1. Standing in a right neutral bow as first opponent (who is at 12 o'clock) delivers a left punch from the front, step forward and to your right (with your right foot) to 1 o'clock while executing a right inward-left outward block combination outside of opponent's left punch. Without loss of (circular) motion transform your right inward block into a right back knuckle strike to left ribs of first opponent (front opponent).
- 2. Slide your left foot counter clockwise to 2 o'clock checking opponent's arm with your left as it simultaneously claws and deliver a right overhead chop to back of opponent's neck.
- 3. Immediately cock your right foot to inside of your left knee (right one legged stance) and deliver a right side kick to back of first opponent's left knee. Have both of your hands and arms guarding wherever needed.
- 4. With opponent beginning to buckle, plant your right foot into a right neutral bow toward 6 o'clock and execute a two-hand push to first opponent's back and shove first opponent into second opponent toward 6 o'clock.
- 5. With second opponent (rear opponent) occupied, shift your right foot to your left into a right front twist stance and deliver a left roundhouse kick to head of second opponent as your left hand cocks horizontally to your right hip.
- 6. Plant your left foot forward (into a left neutral bow toward 6 o'clock) while delivering a left horizontal back knuckle strike to head of second opponent.
- 7. Right front crossover (into a right front twist stance) guarding and pushing down on second opponent's right arm with your left hand toward 6 o'clock while delivering a right back knuckle strike to head of first opponent toward 12 o'clock. Immediately pivot counter clockwise with a looping stiff-arm back knuckle strike to head of second opponent still at 6 o'clock.
- 8. Follow-up with a left spinning back kick to solar plexus of second opponent at 6 o'clock.

- 9. Shoot your left foot to 12 o'clock (toward first opponent) as you deliver a low left snapping ball kick under jaw of first opponent.
- 10. Left front crossover and cover out twice, positioning yourself so that you end up midway between opponent's (covering out toward 3 o'clock).

7. MARRIAGE OF THE RAMS (left and right shoulder grab - close)

- 1. With feet together and both opponent's grabbing you from either side, step back with your right foot (into a left neutral bow) as both of your arms proceed to circle back have the knuckles of both of your hands (which are open at this point) strike to groin of both opponent's and continue to circle under arms of both opponents.
- 2. Move forward with your right foot (into a right neutral bow) as your arms now are under armpits of both opponents. In the same movement have your arms pinch both of opponent's arms and force your arms together with your right arm over your left, thus forcing the heads of both opponents together.
- 3. Immediately deliver a left knee kick between opponent's heads thus forcing them apart.
- 4. Replant your left foot back (into a right neutral bow) while applying downward pressure with both of your elbows to act as safety checks.
- 5. Now have your hands follow the contour of your opponent's bodies, traveling down the inner thighs of your opponent's legs that are closest to you. Have your hand form reverse hooks (reverse hooking wings) as they travel down to the ankles of both opponents. Grab both ankles and jerk them outward from under your opponents and pull toward you as your right foot steps back into a left neutral bow.
- 6. While still maintaining both ankle grabs (at least try to do this) deliver a right ball kick to groin of opponent on your left.
- 7. Plant your right foot into a right front twist stance and immediately execute a left roundhouse kick to groin of opponent to your right.
- 8. Release opponent's ankles forcing them to the ground, and left front crossover and cover out twice toward 6 o'clock. Position yourself so that you end up midway between opponents.

8. PARTING OF THE SNAKES (front right punch and rear attempt)

- 1. While in a left neutral bow, step slightly forward with your left foot as you duck under first opponent's (front opponent) right punch and execute a left upward claw to face of first opponent (first opponent is at twelve o'clock). Simultaneously strike with a right reverse hand sword to first opponent's groin followed by your right knee to groin of first opponent.
- 2. While your right knee is still buried in groin of first opponent, deliver a right back kick to second opponent's (rear opponent) solar plexus forcing him back. Simultaneously deliver a right vertical punch to front opponent's chin.
- 3. Plant your right foot back to 6 o'clock and go into a left rear crossover as you simultaneously deliver a right horizontal back knuckle to face of second opponent.
- 4. From your twist stance execute a left ball kick to solar plexus of first opponent and chicken kick with right foot to jaw of first opponent followed by a right heel of palm to face of first opponent.
- 5. Follow-up with a double rear chicken kick (starting with your right foot first) to any opening on second opponent.
- 6. Left front crossover and cover out twice in the direction of 3 o'clock. Try to end up equal distance from both opponents.

9. REPRIMANDING THE BEARS (front right punch and rear bear hug - arms pinned)

- 1. With rear opponent (second opponent) applying a rear bear hug (with your arms pinned) and front opponent (first opponent) shooting a right punch, step to your left with your left foot (to 9 o'clock) into a wide horse as your left hand checks rear opponent's arms (second opponent) and a right kick is delivered to front opponent (first opponent).
- 2. From right kicking position (while kicking foot is still in the air) plant your right foot to 8 o'clock to cause a stiff leg buckle to inside of rear opponent's (second opponent) left leg as your right hand grabs and squeezes rear opponent's testicles.
- 3. With the rear bear hug released deliver a right rear back knuckle over shoulder to rear opponent's face.
- 4. Immediately circle your right arm counter clockwise (to right side of rear opponent) and grab back of rear opponent's head with your right hand assisted by your left hand grabbing clockwise and to the left side of rear opponent's head. Pull opponent's head down and deliver a right knee kick to rear opponent's face.
- 5. From right knee kick right front crossover, planting your right foot toward 12 o'clock and deliver a left side kick to front opponent's sternum. Plant your left foot forward (into a left neutral bow) to 12 o'clock.
- 6. Right rear crossover to 11 o'clock into a right rear twist stance as you execute a left back knuckle to front opponent's head.
- 7. From the twist stance deliver a right ball kick to sternum of rear opponent at 6 o'clock.
- 8. Right rear crossover and execute a left back kick to front opponent's stomach.
- 9. Left front crossover in direction of 9 o'clock and cover out twice, positioning yourself equal distance from both opponents.

10. SNAKES OF WISDOM (left and right shoulder grab by two men at sides)

- 1. With feet together and both of your shoulders grabbed by two opponents flanking you, step back with your right foot to 6 o'clock (into a left neutral bow) as you circle both arms (your arms) out and back (in an obscure claw fashion) clawing opponent's faces (your right hand clawing the face of right opponent and your left hand clawing the face of your left opponent).
- 2. Continue to circle your arms around, over, and back and immediately step forward with your right foot to 12 o'clock (into a right neutral bow) as you deliver double uppercut punches so that your forearms and biceps strike under and against opponent's elbows to break both of them. (Your right arm under right opponent's left elbow and your left arm under left opponent's right elbow.)
- 3. Deliver double back knuckle strikes to ribs of opponents (your right back knuckle strikes to right opponent's left ribcage and your left back knuckle to left opponent's right ribcage).
- 4. Circle both of your hands back, around, in and grab both of opponent's heads (smashing opponent's heads together) as your left knee kicks up and between opponent's heads.
- 5. As you replant your left foot back (into a right neutral bow) have both of your hands execute twin pushdown on opponent's shoulders (acting as a check) then follow the contour of your opponent's bodies, traveling down the inner thighs of your opponent's legs that are closest to you. Have your hands form reverse hooks (reverse hooking wings) as they travel down to the ankles of both opponents. Grab both ankles and jerk them outward from under your opponents and immediately pull toward you.
- 6. While still maintains both ankle grabs (at least try to maintain grabs) deliver a right ball kick to groin of opponent to your left.
- 7. Plant your right foot toward 12 o'clock (into a right neutral bow) and execute a left roundhouse kick to sternum of opponent to your right.

- 8. From your left kick, left front crossover and cover out twice, keeping equal distance between opponents.

11. RAINING LANCE (front overhead step through knife attack)

- 1. While in a left neutral bow or standing naturally have your left foot move forward and to your left (between ten and eleven o'clock) you're still in a left neutral bow as your left hand (while open) inward parries outside of opponent's wrist (the hand with the knife).
- 2. While the overhead attack is still in motion, pivot to your right into a horse as your right hand assists your left in following the force of your opponent's knife hand. While still following the knife hand and without losing momentum, pivot to your left (into a left neutral bow) and jam the knife into your opponent's right thigh.
- 3. Release your right hand check and deliver a right inward horizontal elbow strike to opponent's sternum while shuffling forward (push drag).
- 4. With your left hand still pressing the knife against the thigh, have your left outward reverse tiger's mouth (palm up) choke your opponent at his adam's apple as your right hand switches places (palm down) to continue pressing the knife against your opponent's right thigh.
- 5. Immediately switch both of your hands so that your left forearm now presses your opponent's right arm as the hand of the same left arm grabs and squeezes your opponent's testicles. Simultaneously have your right hand (circle counter clockwise - palm down) hook and pinch opponent's eyes (crab hand pinch).
- 6. Step to 10 o'clock with your left foot as your right hand hooks inside of your left arm and down to check opponent's right arm as your left hand slides up your opponent's body (after releasing opponent's testicles) striking to opponent's throat with your left inner wrist.
- 7. Immediately switch your left inner wrist to a left hooking (shape of the crane) wrist as your right foot steps through to 10 o'clock dropping into a right kneel thus forcing your opponent over your right leg to cause a back break.
- 8. Almost simultaneous with the above move circle your right arm in a counter clockwise manner and deliver a right downward diagonal hammer fist across opponent's throat. (Knife should be released at this point.)
- 9. Deliver a left thrusting heel palm to opponent's jaw (fingers pointed up) striking and forcing opponent off of your right knee. (Right hand checking opponent's right shoulder.)
- 10. Right front crossover and cover out twice toward 4 o'clock.

12. GLANCING LANCE (front knife thrust - with your arms down)

- 1. With feet together and arms hanging naturally to your side, step back to 6 o'clock with your right foot into a left neutral bow as your right hand does an extended outward chop outside of opponent's right wrist. Simultaneously have the heel of your left palm strike in and against the outside of opponent's left elbow. While in a left neutral bow stance, your right foot should now be positioned to kick.
- 2. Deliver a right front snap kick to opponent's groin toward 2 o'clock.
- 3. While planting your right foot forward to 1 o'clock (have your right leg buckle and check opponent's right leg) execute a right two-finger horizontal eye poke to opponent's eyes.
- 4. Immediately hop onto your left foot to 10 o'clock into a right one legged stance as your right hand circles counter clockwise, hooks and parries in an overhead fashion to again strike outside of opponent's right wrist. Just as you did earlier, simultaneously have the heel of your left palm strike in and against the outside of opponent's left elbow. While now in a right one legged stance, your right foot should be cocked to your left knee in preparation for a kick toward 2 o'clock.

- 5. Deliver a right knife-edge kick to outside portion of opponent's right knee to cause opponent's right leg to buckle in toward himself.
- 6. Plant your right foot in back of opponent's right leg as you check his right arm with your left arm and again execute a right vertical finger thrust to opponent's eyes.
- 7. Have your right arm collapse and execute a right downward elbow strike to opponent's right kidney. Have your left hand circle clockwise and strike with a left inward hooking middle knuckle fist to opponent's left mastoid, making contact a fraction of a second after the elbow makes contact.
- 8. Have your right elbow continue the counter clockwise circle and execute a right inward horizontal elbow smash to opponent's right ribs or head, depending upon what is open. Left hand is guarding under the right and checking in the process.
- 9. Right front crossover and cover out twice toward 8 o'clock.

13. PIERCING LANCE (front knife thrust - with your arms up)

- 1. Standing in a left neutral bow, with your hands raised, execute a right hooking downward outward parry (as opponent delivers a right knife thrust), down and outside of opponent's outer right wrist, redirecting it to 5 o'clock. Almost simultaneously with your right hand parry, execute a left heel palm parry and grab immediately thereafter with the same hand.
- 2. Slide your right foot clockwise toward 1 o'clock (traveling about 180° into a left neutral bow (to buckle opponent's right leg) with your back facing your opponent and your left hand still grabbing). Simultaneously execute a right back elbow strike to opponent's right or left ribcage, depending upon how you line up to your opponent.
- 3. Immediately shift your right foot counter clockwise to 8 o'clock (into a right neutral bow) as your right hand now changes place with your left by grabbing opponent's right wrist (have your left hand form the shape of a crane and hook on to left side of opponent's neck and throat. Without any hesitation (as if it was a single move) drop down into a left wide kneel as you pull your opponent down with both of your hands forcing back of opponent's right elbow onto your left knee in order to cause an arm break.
- 4. Have your left hand regrab opponent's right wrist and assist your right hand in twisting opponent's wrist counter clockwise as your left foot steps back to 9 o'clock (counter clockwise) into another left wide kneel facing 9 o'clock. Simultaneously have both of your hands force opponent's knife (if opponent is still holding on to the knife) into his throat. If opponent releases the knife on the arm break maintain the hold on opponent's right wrist with your left hand as your right hand grabs the knife and plunges it into opponent's throat.
- 5. Release your left hand grab and shift your left hand under (reverse if clockwise and palm up) opponent's right wrist and wrap opponent's left arm around your left leg, twist your left hand counter clockwise (placing great pressure on opponent's wrist) and up as your right heel of palm pushes down on opponent's outer right elbow to cause a right shoulder dislocation.
- 6. Release your right hand grab and shift your right hand under (reverse it counter clockwise and palm up) opponent's right wrist, and switch your stance to a left reverse bow as your right hand maintains the grab (on opponent's right wrist) and twists clockwise (placing great pressure on opponent's right wrist and shoulder). Simultaneously strike opponent's right elbow (after its release) with your left heel of palm (to break opponent's right elbow).
- 7. Cock your left leg and deliver a left heel stomp to right side of opponent's neck as both of your hands grab and pull up and toward you to cause further shoulder dislocation.
- 8. Force opponent's arm to the ground and left front crossover stomp on top of opponent's right wrist and cover out twice toward 5 o'clock.

14. ENTWINED LANCE (front right knife thrust)

- 1. While standing naturally and as opponent thrusts his knife, shift your left foot to 3 o'clock and pivot (in place) into a left front twist stance as your left hand hooks inside of opponent's left wrist and hooks out (palm is up as if begging for money).
- 2. Immediately step forward to 1 o'clock with your right foot (into a side horse) buckling as well as checking to inside of opponent's right knee. Simultaneously deliver a right heel palm strike (fingers are horizontal and fingertips are pointed toward 9 o'clock) to opponent's left chin.
- 3. Have your right foot sweep opponent's right foot toward 6 o'clock as your right hand slides down opponent's arm (checking opponent's arm down to his right wrist). Simultaneously have your left hand go over your own right arm as you deliver a left horizontal two-finger poke to opponent's eye (either one). At the time of contact with your left finger poke you should be in a right one legged stance in preparation for a kick.
- 4. From your one legged stance, deliver a right knife-edge kick to inside of opponent's left knee.
- 5. As you plant your right foot forward (into a right neutral bow) switch your left finger poke to a left hand grab to opponent's right wrist (sliding and checking your opponent's right arm on the way back). Simultaneously execute a horizontal right back knuckle strike to opponent's right ribcage.
- 6. From your right back knuckle strike deliver a right upward (flapping the elbow up) elbow strike under chin of opponent (while still in a right neutral bow).
- 7. Immediately step back with your right foot (into a left neutral bow). While moving back execute a right back knuckle strike to your opponent's right temple, (have your right back knuckle travel diagonally from left to right, over, and down from 10 o'clock to 4 o'clock) followed by a left raking knuckle strike (traveling in the same path as your right back knuckle) across opponent's head and face.
- 8. Left front crossover and cover out twice.

15. THRUSTING LANCE (front knife thrust)

- 1. While in a right neutral bow deliver a right inward downward strike and grab (with the same right hand) to inner right wrist of opponent as your left foot shifts to 4 o'clock.
- 2. Immediately shuffle (push drag) forward (with right hand still maintaining grab) and strike to opponent's groin with a left underhand heel strike and grab.
- 3. Shift your right foot back to 6 o'clock as your left hand assists your right hand in twisting your opponent's wrist clockwise, forcing opponent to bend forward and breaking opponent's right wrist, thus having opponent drop his knife.
- 4. Left front snap kick to opponent's left ribs and a right chicken kick to opponent's sternum.
- 5. As you plant your right foot forward into a right neutral bow, check opponent's right arm with your left hand and deliver a right underhand stiff-arm lifting back knuckle strike (vertically) driving upward underneath opponent's chin.
- 6. Switch your right hand (which is now above opponent's head) clockwise (palm up) and strike down vertically) to bridge of opponent's nose in a raking manner utilizing the back knuckle of your right hand.
- 7. Circle your right arm counter clockwise (starting a figure 8 pattern which should be visualized laying on its side) and strike opponent's left jaw hinge with your right hammer fist.
- 8. Continue the figure 8 pattern and deliver a right back knuckle to opponent's right jaw hinge.

- 9. With your opponent bending over have your right hand hook over (shape of the crane) and under opponent's right armpit, hooking opponent's right arm out and away from you, as you step through with the left foot into a left neutral bow toward 12 o'clock, executing a left vertical elbow strike to underside of opponent's right armpit.
- 10. As you drag or right rear crossover to 10 o'clock step out to 10 o'clock into a left reverse bow, buckling opponent's right leg out as you execute a left downward hammer fist to opponent's right ribcage while simultaneously striking with a right inward downward hammer fist (universal block) to opponent's mastoid.
- 11. Left front crossover and cover out twice toward 4 o'clock.

Optional Techniques**1. DESTRUCTIVE FANS (flank right punch with opponent's right leg forward)**

- 1. With feet together and facing 12 o'clock and opponent attacking from 9 o'clock with a right punch, move your left foot back and to the left to 8 o'clock (into a modified horse) as your right hand circles clockwise and parries your opponent's right arm from the outside at the wrist. Your left hand also travels clockwise and parries your opponent's right punch on the outside at the elbow. Your right hand should continue in a circle and transform into a right hammer fist strike (clenched fist and palm up) to opponent's solar plexus (with your left hand in check - bracing angle).
- 2. Immediately sweep opponent's right leg with your left foot as it forms a left front twist stance. At this point have your left hand grab and pull in the process.
- 3. Pivot (clockwise) out of the twist stance and execute a right back knuckle strike to opponent's right kidney and a right stiff-leg sweep all the way around to 3 o'clock to back of opponent's right leg to cause his leg to split further.
- 4. Right punch to opponent's head while shuffling (push drag) into a left close kneel with a left hand push down check to opponent's upper right arm.
- 5. With opponent possibly sitting at this stage, deliver a right stomp thrust kick under opponent's chin or to best available opening.
- 6. From kicking position, right front crossover and cover out twice toward 3 o'clock.

2. BLINDING SACRIFICE (front two-hand choke or grab attempt)

- 1. With feet together and opponent attempting to choke or grab you from the front (12 o'clock) step forward with your right foot to 12 o'clock into a right neutral bow as both of your arms thrust forward and to inside of opponent's arms, first to attempt twin pokes to opponent's eyes and continuing as two outward open hand chops to inside of opponent's forearms (your right hand to your opponent's left forearm and your left hand to your opponent's right forearm) and without loss of motion, circle down to opponent's groin, grabbing the testicles with both of your hands. (At this point have your body up close to your opponent's body, acting as a body jam.)
- 2. From the testicles execute two outward circular inward hooking back knuckle rakes to both kidneys of opponent (your right back knuckle striking to opponent's left kidney and your left back knuckle striking to opponent's right kidney). This move is executed and timed as you shuffle back (push drag) into a right 45 degree cat stance while having both of your arms travel horizontally and into two vertical outward blocks (left outward and right outward) as a checking measure.
- 3. Immediately shuffle in as the fingers of both of your hands flick to opponent's eyes followed by twin thumb scoops to opponent's eyes.

- 4. From eyes have both of your hands slap down on opponent's shoulders and travel down arms of opponent, catching and grabbing opponent's arms at the wrists to pull opponent down.
- 5. Immediately recircle the arms up, over, and in so that you strike your opponent's temples (or mastoids) with both of your inverted back knuckles (with your right back knuckle striking to opponent's left temple (or mastoid) and your left back knuckle striking to opponent's right temple (or mastoid)).
- 6. With both of your elbows raised, drop them down and in toward each other thus striking and sandwiching opponent's jaws (with your right inside elbow striking to opponent's left jaw and your left inside elbow striking to opponent's right jaw).
- 7. Grab back of opponent's head with both of your hands and push down as your right knee kicks up and smashes opponent's face.
- 8. From your right knee kick have your right foot stomp to opponent's right instep.
- 9. Right front crossover and cover out twice toward 6 o'clock.

3. ENTWINED MACES (left and right punch with opponent's left leg forward)

- 1. With feet together, drop back with your left foot into a right neutral bow as your right hand loops a figure eight, first with a right inward on the outside of opponent's left punch and a right extended outward on the outside of opponent's right punch.
- 2. Immediately shuffle forward while your right extended outward drops and hooks opponent's right arm down and to your right. Simultaneously deliver a left vertical punch to opponent's face (you're now in a right forward bow).
- 3. While in place pivot into a right neutral bow as you deliver a right thrusting chop to opponent's left jugular vein, switching your left hand as a check against opponent's right arm.
- 4. Follow-up with a left rear crossover and deliver a right stiff leg reverse bow to buckle opponent's left leg from the inside out Simultaneously deliver a right downward hammer fist to opponent's groin. (Your left hand is guarding in front of your chest.)
- 5. From a right reverse bow pivot clockwise (in place) into a right front twist stance, cocking your left hand to your left hip. Simultaneously deliver a right vertical outward against the right side of your opponent's nose to break it. Immediately follow-up with a left heel of palm strike to opponent's sternum and a left knee kick to opponent's groin (cocking your right clenched fist to your right ear).
- 6. Plant your left foot back to 8 o'clock, checking with your left hand, and (from your right hand cocked position) immediately deliver a right thrusting, chopping hammer fist to opponent's left collar bone.
- 7. Immediately execute a left rear crossover and a right back kick to opponent's solar plexus.
- 8. Right front crossover and cover out twice toward 8 o'clock.

Required Techniques For 2nd Brown Belt**1. CLUTCHING FEATHERS (front left hand hair grab)**

- 1. Standing naturally, step back with your left foot (into a right neutral bow), simultaneously pin opponent's left hand (to your head) with your left hand as you deliver a right middle finger fist to opponent's left armpit (have your fist strike vertically).
- 2. While in a right neutral bow, strike to the inside of your opponent's left arm with first a left inward and then a right outward block as your left hand immediately continues its course of action and cocks to your left hip.
- 3. Shift to a right forward bow as you deliver a left heel thrust to opponent's jaw. Simultaneously convert your right outward block into an extended outward block, keeping your right extended outward block in place for protection, as well as in position for the next move.
- 4. Immediately shift into a right neutral bow as you deliver a right raking knuckle strike to bridge of opponent's nose. Without any loss of momentum pivot into a right reverse bow while continuing your right hand in a counter clockwise circle, slightly changing the orbit, and convert it into a right downward hammer fist to opponent's groin.
- 5. From the right reverse bow deliver a right rear scoop kick to your opponent's testicles.
- 6. Right from the kick go into a right front crossover and cover out twice.

2. TRIGGERED SALUTE (front right hand direct push)

- 1. Standing naturally, while your opponent pushes your left shoulder with his right hand, step forward and to your left with your right foot (to eleven o'clock) so as to cause a buckle from the inside of opponent's right knee. Simultaneously pin your opponent's right hand to your left shoulder with your left hand and strike to opponent's jaw with a right forward heel thrust.
- 2. Immediately drop your right hand and scrape opponent's right biceps and forearm while circling your right arm counter clockwise to execute the next strike. This action will check your opponent's right arm and force him to bend forward.
- 3. Continue circling your right arm counter clockwise and deliver a right inward horizontal elbow strike to opponent's left rib cage.
- 4. With your left hand still pinning and after following through with your first elbow shot, deliver a right outward horizontal elbow strike to opponent's right rib cage or solar plexus, followed by a right thrusting chop to shoulder.
- 5. Release your left hand and execute a left overhead five finger claw to opponent's face as you cock your right fist (clenched and palm up) under your right chest. (After your left claw delivery your left forearm is then utilized as a pinning check.)
- 6. Follow-up with a right thrusting back knuckle (delivered vertically and straight up) to opponent's jaw.
- 7. From the right back knuckle, left rear crossover (toward twelve o'clock) and deliver a right (underhand) back elbow strike to opponent's solar plexus. Have your left hand claw opponent's face in the process and then guard your own face area.
- 8. Have your right foot step out to one and two o'clock (thrust it and lock it out) as it buckles opponent's left knee from the inside out (at the moment of contact you should automatically be in a right reverse bow. Simultaneously strike down to opponent's groin with a right downward hammer fist or right heel of palm as your left hand still guards your face.
- 9. From the right reverse bow deliver a right knee kick to opponent's right inner knee.

- 10. Right from the kick go into a right front crossover and cover out twice.

3. DANCE OF DEATH (front straight right punch)

- 1. Standing in a left neutral bow, step forward and to your left with your left foot (toward ten o'clock to get out of the line of attack). Simultaneously strike to the outside of opponent's right punch with your left inward block as your right arm hangs naturally to the right of your body.
- 2. With your left hand still guarding, strike to opponent's groin with a right upward vertical reverse hand sword while pivoting into a left forward bow.
- 3. Immediately step forward and to your left (to eleven o'clock) with your right foot (so as to buckle your opponent's right knee) into a right neutral bow as your right elbow strikes horizontally into opponent's right rib cage. Simultaneously have your left hand grab back of opponent's right knee and pull toward you.
- 4. With opponent now on his back (with his head facing between ten and eleven o'clock) have your right back knuckle strike down and out (from left to right) to inside of opponent's left knee to force his leg out, thus giving you a more desirable opening to the groin area. Your left hand should maintain grabbing opponent's right ankle.
- 5. Continue the action of the left back knuckle going out and then return with a right inward downward fingertip slice to opponent's groin area, while your left hand still maintains grab on opponent's right ankle.
- 6. Slide your left hand grab and shift it from the outside right heel to the top of opponent's toes while your right hand grabs outside of opponent's right heel.
- 7. Immediately push down on opponent's toes with your left heel of palm and pull up on opponent's right outside heel with your right hand and twist clockwise with both hands to snap opponent's right ankle. With the snap your opponent will turn from his back onto his stomach.
- 8. Release grabbing with both hands and left heel stomp to opponent's lower spine (stepping toward one and two o'clock).
- 9. Stand on opponent's spine with your left foot as your right leg closes to your left leg and then plants back and to the right to four o'clock.
- 10. Lift your left leg off of opponent's spine and replant it toward eleven o'clock as it pinches opponent's left kidney.
- 11. Drop into a left wide kneel as your left hand checks opponent's right shoulder blade and your right hand chops down to opponent's neck.
- 12. Immediately raise up and stomp upper spine of opponent with your right heel of foot (heel stomp).
- 13. Stand on opponent's upper spine with your right foot and plant your left foot toward eleven o'clock.
- 14. Cock your right foot and deliver a right (downward) back heel kick to opponent's head.
- 15. Right front crossover and cover out twice.

4. GIFT OF DESTRUCTION (handshake)

- 1. With right hand shaking and while standing naturally, hop forward and slightly to your left (toward ten o'clock) with your left foot as your right hand pulls your opponent's hand toward you.
- 2. With the above action, simultaneously strike in and against the joint of your opponent's right elbow with your left heel of palm as you deliver a right knee kick to opponent's groin or stomach.

- 3. As you plant your right foot forward and against the inside portion of opponent's right knee to cause a buckle (in a right neutral bow), deliver a right inward elbow strike to chest of opponent, checking opponent's right arm with your left hand.
- 4. Immediately slide your left foot counter clockwise to four o'clock (into a right neutral bow) as your left hand strikes with a heel palm and five finger claw to opponent's face. Have your right hand cover low and horizontally across your navel.
- 5. From your right neutral bow execute a right outward strike, converting it into a right reverse back knuckle rake toward you while striking and breaking opponent's bridge of nose. Your left hand now drops into a low horizontal covering check.
- 6. With same right striking hand strike down with a hammer fist to left hinge of opponent's jaw in order to dislocate it.
- 7. While strike is being executed and without loss of momentum shift into a horse stance (side horse facing toward eight o'clock) and deliver a looping downward hammer fist strike (with your right elbow anchored) to upper abdominal area of opponent.
- 8. Right front crossover and cover out twice.

5. LOCKING HORNS (front head lock)

- 1. With feet in line with each other and body bent forward, step forward with your right foot and deliver a right upward vertical reverse hand sword to opponent's groin.
- 2. Immediately follow up with a lifting vertical elbow strike to opponent's jaw.
- 3. After snapping the elbow, loop the right elbow and strike again with it driving from one o'clock down to seven o'clock, striking opponent's left hinge of jaw.
- 4. Left front crossover (toward twelve o'clock) into a left front twist stance as you execute a right horizontal back knuckle strike to right floating ribs of opponent simultaneous with a left heel pushdown strike to opponent's solar plexus (fingers are horizontal and pointed toward you).
- 5. From your left front twist stance deliver a right knee kick to opponent's groin.
- 6. From the knee kick immediately have your right foot (which is presently in the air) stomp to instep of opponent's right foot.
- 7. With your right foot still planted on opponent's right foot have your left foot cross back of your right foot and stomp to instep of opponent's left foot.
- 8. Left step through and cover out twice.

6. LONE KIMONO (front left hand lapel grab)

- 1. Standing naturally (before pinning opponent's left hand to your chest) execute a left inward two finger eye hook and then pin opponent's left hand to your chest with your left hand as you step back into a right neutral bow stance, immediately deliver a right upward strike to left elbow of opponent to cause an elbow break.
- 2. Have your left hand maintain your pin as you deliver a right torquing back knuckle strike to his left rib cage.
- 3. Immediately release your left hand and as you switch into a right forward bow stance execute a left outward hand sword strike to his left side of neck as your right hand does a right extended outward block to clear his arm out of the way.
- 4. Deliver a right inward raking back knuckle strike to the bridge of opponent's nose (traveling from 1:00 to 7:00 o'clock) as you drag your left foot to your right foot, immediately execute a right knife edge kick to the inside of opponent's right knee to buckle and drop opponent to the ground.
- 5. Right front crossover and cover out twice to 6 o'clock.

7. GLANCING SALUTE (front right hand cross push)

- 1. Standing naturally, while opponent pushes your right shoulder with his right hand, step forward and to your left with your left foot (toward ten o'clock into a left neutral bow) and immediately pivot to your right into a right front bow (facing three o'clock) as your right arm pins opponent's right wrist to your chest and your left forearm strikes out and against the joint of your opponent's right elbow.
- 2. Pivot to your left (toward twelve o'clock) into a left front bow as your left hand pins opponent's right arm to his body and your right heel of palm strikes to opponent's jaw.
- 3. Hook the back of opponent's neck with your right hand (forming the shape of the crane). Pull opponent's neck down as your right knee strikes to opponent's stomach.
- 4. Plant your right foot forward (toward twelve o'clock) into a right neutral bow and deliver a right horizontal inward elbow strike to opponent's head as your left heel of palm simultaneously strikes to opposite side of opponent's head to cause a sandwich effect.
- 5. Drag your left foot toward your fight foot and step to two o'clock with your right foot, snapping your right foot into a right reverse bow in order to buckle opponent's left leg from inside of his left inner knee. Simultaneous with this action execute a right downward heel palm strike to opponent's groin while your left hand guards high.
- 6. Have your right foot immediately crossover your left foot (fairly high and toward seven o'clock) so that your right knee strikes to the inside of opponent's right knee and buckles him and then plants into a right front twist stance as your left fingers hook to opponent's eyes.
- 7. Left step through and cross out twice.

8. FIVE SWORDS (front roundhouse right punch)

- 1. While in a right neutral bow, step forward and slightly to your right with your right foot (toward ten o'clock and while still in a right neutral bow) and deliver a right inward strike to inside of opponent's right punch using your left hand to check.
- 2. Immediately strike to opponent's right neck with your right outward chop.
- 3. Left finger thrust to opponent's eyes as right hand cocks to your right hip. This is done while you pivot into a right forward bow.
- 4. With left hand now guarding, deliver a right uppercut to opponent's solar plexus as you pivot to a right neutral bow.
- 5. Have your left guarding hand circle counter clockwise and execute an outward five finger claw to opponent's face (ripping horizontally from your right to left), your right hand is guarding and checking low.
- 6. Deliver a right thrusting chop to left neck of opponent.
- 7. Followed by a left horizontal inward five finger claw to opponent's face as your left hand cocks (palm up) to your left heart.
- 8. Right reverse bow as you execute a right outward chop to right side of opponent's neck.
- 9. From right reverse bow deliver a right rising back stiff leg kick between crotch and to groin of opponent.
- 10. Right front crossover and cover out twice.

9. SCRAPING HOOF (full nelson)

- 1. While in a full nelson, thrust both of your fists toward the ground as you straighten your knees, back and neck.
- 2. Immediately bend your left knee as you deliver a right back scooping heel kick to opponent's left shin. Then with the knife-edge of your right foot, kick to opponent's right

shin and scrape the shin on the way down to stomp opponent's right instep with the heel of your right foot.

- 3. From your right stomp, shift your right foot back and to seven o'clock into a right reverse bow, in order to buckle opponent's left leg from the inside of his left knee. Keep your hands guarding and covering at all times.
- 4. Immediately left front crossover and step out into a right neutral bow toward five o'clock with your right foot to buckle opponent's right knee from the inside out thus forcing your opponent onto his back with his legs spread open.
- 5. Left rear crossover and execute a right back heel kick to opponent's groin while he is still on his back.
- 6. Right front crossover and cover out twice.

10. GRIP OF DEATH (flank head lock)

- 1. With opponent applying lock from your left side, step forward and to your left with your right foot (toward ten o'clock while going into a right close kneel, assuming both of you are facing twelve o'clock) while turning your head to the left and tucking your chin against your chest so as not to have your air supply cut off. Simultaneously deliver a right hammer fist to opponent's groin and a left hammer fist to opponent's left kidney.
- 2. As you pivot into a left neutral bow (facing six o'clock), the fingers of your left hand presses under opponent's nose to force opponent's head back.
- 3. Immediately follow-up by striking with your right heel of palm to opponent's chin as you pivot into a left forward bow.
- 4. With your left foot somewhat to the side and back of opponent's right leg, have your left foot sweep opponent's right foot toward ten o'clock ending in a left front twist stance.
- 5. Have your right foot shift toward six o'clock (a short step) pivoting slightly clockwise and immediately shoot your left foot back toward eight o'clock into a reverse bow to buckle opponent's left inner knee.
- 6. Left front crossover (toward two o'clock) and cover out twice.

11. CROSSING TALON (front right cross wrist grab)

- 1. With opponent's right hand grabbing your right wrist, counter grab his wrist as your left foot steps forward and to your right (into a neutral bow) simultaneously striking opponent's right elbow with your left forearm in a forward thrusting motion while your right hand pulls in toward your right hip.
- 2. Continue to push and pull opponent's arm to the right of your body thus forcing your opponent's head down.
- 3. Immediately deliver a left side elbow strike to opponent's right jaw hinge.
- 4. Circle your left arm counter clockwise (clawing and ripping opponent's face in the process with your left five finger claw on the way up) and strike down with your left elbow to upper spine of opponent.
- 5. Immediately shift your left hand and have it grab back and to the thumb portion of your opponent's right hand (your left hand shoulder grab, palm down, with your left thumb closest to you) while your right hand also shifts and grabs (matching your left hand to the opposite side of opponent's right hand) opponent's right hand.
- 6. Step back with your left foot to six o'clock and snap (break) opponent's wrist by quickly twisting both of your hands counter clockwise at your own right hip.
- 7. Simultaneous with the wrist snap (break) execute a right roundhouse kick to opponent's solar plexus or face and force your opponent to the ground, face up, while still maintaining wrist grab.

- 8. With opponent on his back shift your right hand under (reverse it counter clockwise and palm up) opponent's right wrist and twist clockwise while switching your stance to a left reverse bow as your right hand continues to maintain grab.
- 9. Cock your left leg and deliver a left knife-edge kick to right neck of opponent as both of your hands grab and pull up and toward you to cause a possible shoulder dislocation. Release opponent's right hand, letting it drop.
- 10. Plant your left foot back to six o'clock and cover out twice.

12. SHIELDING HAMMER (front hooking left punch)

- 1. Standing in a right neutral bow, deliver a right extended outward block to the inside of opponent's left hook (at his left forearm) as your left heel of palm strikes to opponent's sternum (heel of palm out, fingers in).
- 2. Immediately shuffle forward and deliver an inward raking back knuckle strike to opponent's bridge of nose (striking diagonally from two o'clock to eight o'clock).
- 3. Continuing the counter clockwise circular motion of your right hand, follow-up with a horizontal outward elbow strike to opponent's solar plexus as you simultaneously execute a left snapping two finger eye poke to opponent's eyes.
- 4. Left front crossover and execute a left vertical punch to opponent's sternum simultaneous with a right downward hammer fist to opponent's groin.
- 5. Untwist (clockwise) as you execute a right elbow strike (obscure elbow) to opponent's jaw (cocking your left hand in the process for next move), continuing with a right heel of palm strike to opponent's jaw, followed by a right five finger ripping claw to opponent's face and ending in a left neutral bow while executing a left heel of palm strike to opponent's solar plexus or sternum (heel of palm out, fingers in).
- 6. Pivot clockwise to five o'clock and drop into a right close kneel stance while your head is still turned toward opponent and your right hand guards your face.
- 7. Execute a left back kick to opponent's groin.
- 8. Left front crossover and cover out twice.

13. THRUSTING SALUTE (front straight right kick)

- 1. While in a left neutral bow, deliver a left downward block inside of opponent's right kicking leg (step further back with your right foot if needed).
- 2. Kick forward with the ball of your right foot to opponent's groin.
- 3. As you plant your right foot forward and to your left (toward eleven o'clock in order to check opponent's right knee), deliver a right heel of palm thrust to opponent's jaw while your left hand checks near your right rib cage.
- 4. Left front crossover and deliver a left vertical punch to opponent's solar plexus simultaneous with a right horizontal heel strike across opponent's mid-section (it hurts and checks).
- 5. Pivot clockwise into a left neutral bow. Simultaneous with the pivot execute a left horizontal inward elbow strike to opponent's left rib cage.
- 6. With your left forearm horizontally checking your opponent's body, deliver a chopping punch to opponent's pubic bone.
- 7. Left front crossover and cover out twice.

14. STRIKING SERPENT'S HEAD (front bear hug-arms free)

- 1. Drop back with your right foot (toward six o'clock) into a left neutral bow. Simultaneously hook your left hand around and back of opponent's head so that your left knuckle strikes to

opponent's left temple (or mastoid) while your right hand cocks into a half fist at chest level.

- 2. Immediately have your left hand grab and pull opponent's hair back (above the forehead) and execute a thrusting half fist to opponent's throat. (Strike with the half fist while in a left forward bow then immediately shift back (in place) to a left neutral bow.)
- 3. From your left neutral bow shuffle into a left cat stance as your left hand claws vertical and down across opponent's face. The right hand at this point is covering.
- 4. Shift your left foot to nine o'clock as your left hand now grabs opponent's right wrist and have your right foot step to eleven o'clock (into a right neutral bow) buckling inside of opponent's right knee as you deliver a right inward elbow strike to left ribs of opponent.
- 5. Hook your right foot around (clockwise) and back of opponent's right foot and have your right hand grab around and back of opponent's left neck and shoulder.
- 6. Drop down into a right wide kneel stance as you pull and force your opponent's spine down onto your right knee.
- 7. Shift your left hand to opponent's chest to pin and check and deliver a right overhead hammer fist to opponent's heart.
- 8. Shift into a right cat stance (to slip leg out from under opponent) while your left hand still checks.
- 9. Pivot counter clockwise and deliver a right roundhouse (looping and dropping kick down) to opponent's face (while opponent is on the ground face up).
- 10. Right front crossover and cover out twice.

15. LOCKED WING (right hammerlock)

- 1. With opponent locking your right arm, step back and to your right with your left foot into a right neutral bow as your right hand counter grabs your opponent's right wrist. (try to place your left leg inside and against opponent's right leg.)
- 2. Immediately pivot your entire body counter clockwise into a left neutral bow as you deliver a left back horizontal elbow strike to opponent's jaw.
- 3. Circle your left arm over, executing a left ripping five finger claw to opponent's face, and under opponent's right elbow as you pivot to your right in a modified horse, thus causing an elbow break.
- 4. While still applying pressure on opponent's left elbow, drop back with your right foot (into a left forward bow) and execute a left clawing grab to opponent's groin.
- 5. Immediately release your right hand as you deliver a right knee kick to opponent's chest with an overhead heel of palm strike to the back of opponent's neck.
- 6. Immediately after the heel of palm strike and right foot plant, execute a right claw to opponent's face (pulling toward you) simultaneously with your left hand clawing and grabbing the meat under opponent's left chest and armpit.
- 7. Shift your left foot toward two o'clock as you turn your opponent over onto his back with the assistance of your right hand so that as you drop into a right wide kneel his spine will be resting on your right knee.
- 8. Have your right elbow strike back to opponent's jaw, continue, the action and claw his face as you circle your right arm counter clockwise over and down striking with a right hammerfist to opponent's heart or left collar bone.
- 9. Drop your right foot back to twelve o'clock thus forcing opponent's back to the ground and immediately shift into a right close kneel stance facing toward nine o'clock as your left knee drops hard to opponent's throat
- 10. Spring up and left stomp kick to opponent's face.
- 11. Left front crossover and cover out twice.

Required Techniques For 1st Brown Belt**1. OBSCURE WING (flank left hand shoulder grab)**

- 1. With feet together and opponent's left hand grabbing your right shoulder, step to your right with your right foot into a horse. Simultaneously deliver a right back elbow to opponent's solar plexus as your left hand pokes (over the right shoulder) to the eyes of your opponent.
- 2. Deliver a right hammer fist down to opponent's groin.
- 3. Immediately follow-up with an upward lifting elbow strike to opponent's chin; making sure that your right arm follows the contour of your opponent's body.
- 4. Immediately shoot your right foot back to seven o'clock into a right reverse bow (to buckle opponent) as you deliver a right back (over the shoulder) knuckle strike to opponent's face.
- 5. Without hesitation have your right hand grab opponent's right neck and jerk opponent's head down as you deliver a right knee kick to opponent's face. Have your left hand assist in the process.
- 6. Plant your right foot slightly forward (toward twelve o'clock) into a shallow right neutral bow (as your left hand grabs the left side of opponent's neck) and immediately step back to six o'clock with your left foot, jerk, and flip opponent onto his back.
- 7. Go into a left front crossover, only this time have your left foot sweep (toward twelve o'clock) across opponent's head and face.
- 8. Immediately hop into the air (counter clockwise) and as your left foot plants, deliver a right roundhouse kick to opponent's solar plexus while he is still on his back.
- 9. Now have your right foot sweep (toward six o'clock) across while striking jaw, face, and other parts of the head. Then have your right foot end in a right front twist stance.
- 10. Cover out twice.

2. REVERSING MACE (front straight left punch)

- 1. From a right neutral bow, slide your left foot counter clockwise to five o'clock simultaneously use a right inward and left outward parry outside of opponent's left punch. Without any loss of motion, the right inward continues and becomes a right back knuckle to opponent's left rib cage.
- 2. Pivot counter clockwise and deliver a right low roundhouse kick to back of opponent's left knee, looping the kicking foot so that it compliments the angle of your opponent's left thigh, thus having a tremendous effect in buckling your opponent's left leg.
- 3. Plant your right foot slightly (toward twelve o'clock) and shuffle (drag your left foot) and deliver a right side kick (toward eleven o'clock) to inside of opponent's right knee (buckling opponent onto his knees).
- 4. Plant your right foot (toward eleven o'clock) and left rear crossover and right downward hammer fist to opponent's sternum (assuming opponent is still on his knees) with your left hand checking at opponent's left arm and shoulder.
- 5. From twist stance (left rear twist) untwist counter clockwise (in place) turning completely around and execute a left back knuckle strike to right mastoid of opponent.
- 6. Step forward to twelve o'clock with your right (right neutral bow) foot and immediately pivot clockwise (facing opponent's back) into a left forward bow as your left hand checks opponent's shoulder blades while your right hand delivers a corkscrew punch to upper spine (opponent is still on his knees).
- 7. Immediately follow-up with a right knee kick to lower spine.

- 8. From knee kick position, right stomp to left ankle of opponent and slide your right foot to the ground (on the outside of opponent's left ankle).
- 9. Left front crossover and cover out twice.

3. BUCKLING BRANCH (front straight left kick)

- 1. While in a left neutral bow step slightly back and to your right with your right foot to five o'clock simultaneously blocking opponent's left kick with a left downward block.
- 2. Deliver a right ball kick to opponent's groin while his back is toward you.
- 3. Plant your right foot and deliver a left knife-edge kick to the inside of opponent's right knee to buckle inside of opponents right knee, thus forcing opponent to his knees (keep your hands in a defensive position).
- 4. From left knife-edge kick plant your left foot between nine and ten o'clock (into a left reverse bow).
- 5. Immediately twist (in place) into a left front twist stance as your left hand checks opponent's left shoulder blade while delivering a right overhead vertical downward hammer fist strike to opponent's solar plexus, followed by a right knee kick to opponent's middle spine if feasible to do so.
- 6. If knee kick is used replant your right foot to original position prior to the kick (stance is the same if kick was not delivered). Immediately re-pivot (in place) into a left reverse bow. While in the process of doing so execute a right back knuckle strike to opponent's jaw followed by a left heel of palm claw to opponent's chin and face (both arms are delivered in a stiff-arm manner).
- 7. Shift your left foot counter clockwise (to five o'clock) and drop into a right close kneel as your right fist (clenched) drops and loops counter clockwise and strikes (in an underhand back knuckle fashion) to opponent's head as he is dropping.
- 8. Left foot drag and leap as you pivot counter clockwise in the air and land with a right overhead downward roundhouse kick to opponent's sternum (kick is like leaping kick of "Leap of Death").
- 9. From kick right front crossover and cover out twice.

4. THRUSTING PRONGS (front bear hug-arms pinned)

- 1. Step back with your right foot. Simultaneously thrust both of your thumbs to opponent's groin.
- 2. Strike opponent's groin with your right knee as your left hand circles over and on top of opponent's right arm.
- 3. With knee in groin, immediately deliver a right knife edge kick to the inside of opponent's right shin.
- 4. Scrape opponent's shin with your right foot as you stomp to his right instep cocking your right hand to your right hip.
- 5. Immediately follow-up with a right inward horizontal elbow strike to opponent's left jaw.
- 6. Shift (slide clockwise) your right foot to nine o'clock (left neutral bow) as your right hand hooks (forming the shape of a crane) onto right side of opponent's neck and head (forcing opponent's head down) and immediately follow-up with a left chop to back of opponent's neck (forcing opponent's head down even further).
- 7. Have your left hand remain pushing down on opponent's neck and deliver a right knee kick to opponent's face.
- 8. As you plant your right foot to three o'clock (right neutral bow) deliver a right overhead chop to back of opponent's neck.

- 9. Immediately pivot counter clockwise (facing nine o'clock) into a left neutral bow and execute a right back scooping heel kick to opponent's left hinge of jaw.
- 10. While right foot is still against opponent's jaw, convert it into a right knife-edge kick to inside of opponent's left knee to buckle.
- 11. Right front crossover and cover out twice.

5. TWISTED TWIG (front wrist lock)

- 1. With feet together, step forward and to your left (toward eleven o'clock) with your right foot into a right neutral bow (to buckle opponent's right knee) as you strike up and to opponent's jaw with your right elbow. Your left hand is placed on top of opponent's right wrist for security reasons.
- 2. Pivot counter clockwise into a reverse left neutral bow as you deliver a right back elbow to opponent's solar plexus.
- 3. Left rear crossover and right reverse bow to buckle on inside of opponent's left knee. Simultaneously deliver a right downward hammer fist to opponent's groin. (Left hand is in high guard position.)
- 4. Have your left guarding hand Shin into a left hook (forming the shape of the crane). As your left hand hooks clockwise and to the left side of opponent's neck and pulls down, simultaneously execute a vertical upward back knuckle strike to opponent's face (to cause sandwiching effect).
- 5. Circle your right hand and hook it (forming the shape of the crane) counter clockwise to right side of opponent's neck and head and with both of your hands grab back of opponent's head and pull it down as you deliver a right knee kick to opponent's head (again causing another sandwiching effect).
- 6. Plant your right foot straight down from the knee kick so that it is almost in line with your left foot and immediately step back with your left foot as both of your arms pull and flip opponent over and onto his back.
- 7. With opponent now on his back with his head closest to you, leap up and counter clockwise in the air, dropping down into a left close kneel as your right knee drops and crosses opponent's right collar bone and throat. Simultaneous with the drop, execute a right downward vertical raking back knuckle slice across opponent's bridge of nose (traveling overhead, down, and toward you). Your left hand should be kept in a low guard position.
- 8. Immediately leap up and shift clockwise in the air, dropping down into a right close kneel as your left knee drops and crosses opponent's left collar bone and throat. Simultaneous with the drop, execute a left downward corkscrew punch to opponent's face.
- 9. Again leap up and pivot counter clockwise in the air and land with a right overhead downward roundhouse kick to opponent's sternum (kick is like leaping kick of "Leap of Death").
- 10. Right front crossover and cover out twice.

6. OBSCURE SWORD (flank left hand shoulder grab)

- 1. With feet together, step directly forward with your left foot (to twelve o'clock) into a left neutral bow facing straight ahead with your right hand sword cocked to your heart and your right palm up - checking with your left hand on your right shoulder.
- 2. Immediately pivot to your right on a forty-five degree angle (facing four o'clock) into a right forward bow, execute a right outward hand sword to throat.
- 3. Deliver a left kick to opponent's groin and chicken kick with a right ball kick to inside of opponent's right knee (to buckle). Your right hand in the meantime is held above your head.

- 4. As you plant your right foot (right neutral bow) toward four o'clock (assuming both of you were originally facing twelve o'clock) come down with a right chopping punch to rake across bridge of opponent's nose (on his left side) continuing on to a right hammer fist to left collar bone of opponent and down to opponent's right chest.
- 5. Immediately have your left foot crossover and back of your right leg (having your left rear crossing leg buckle opponent's left leg). Simultaneously strike outward and up (a modified outward strike) striking to bridge of opponent's nose (his right side) with your right fist continuing the outward and upward motion into a right upward elbow strike under opponent's chin. Both moves or strikes are done without any loss of motion.
- 6. With the right elbow now above your head begin to pivot counter clockwise and to your left into a right neutral bow and drop down (diagonally) with your right elbow to opponent's sternum. Complete the in place stance shift (into right neutral bow) and deliver a right downward hammer fist to opponent's groin.
- 7. Shift your left foot around and back (counter clockwise to four o'clock) into a left reverse bow to buckle opponent's left leg even further, your left hand hooks in the shape of the crane to the opponent's left shoulder (with your elbow anchoring) and assists in turning him around and keeps him from falling as you turn him around.
- 8. Pivot clockwise into a left neutral bow (facing five o'clock) and deliver a right knee kick to opponent's spine.
- 9. As you plant your right foot forward into a right neutral bow (toward five o'clock) cock and strike out with both of your heel of palms to back of opponent's shoulder blades forcing opponent face down so that his body is diagonal (with opponent's head at five o'clock and his feet at eleven o'clock).
- 10. Left rear crossover and deliver a right back heel stomp to opponent's testicles.
- 11. Right foot glides and slides over opponent's right thigh and calf before crossing over and covering out twice.

7. REPEATING MACE (front left hand push)

- 1. From a right neutral bow, have your left foot step back to five o'clock into a right neutral bow. Simultaneously have your left hand hook (left palm is up) outside of opponent's left wrist as you deliver a right inward raking hammer fist to opponent's left kidney and a right back knuckle to opponent's left rib cage.
- 2. Place your weight on your left leg and deliver a right downward roundhouse kick to compliment the angle of the thigh and strike the top of opponent's left calf in back of the knee.
- 3. Immediately after the right kick, plant your right foot (toward twelve o'clock) and left front crossover (left front twist) back and toward eleven o'clock as you execute a right hammer fist (over opponent's left arm) to sternum or face of opponent as your left hand checks (on top of) opponent's left arm.
- 4. From the left forward twist stance pivot clockwise (into a left neutral bow) and deliver a left heel of palm thrust to opponent's jaw. Have your right hand now check opponent's left arm. You should be facing toward eleven o'clock.
- 5. Without any hesitation pivot (completely around) clockwise and execute a spinning back kick to opponent's mid-section thus forcing opponent to the ground (onto his back) so that his head is pointed toward eleven o'clock.
- 6. Hop (with your left leg while your back is still facing opponent) toward and between opponent's legs as you deliver a right back scoop kick to inside of opponent's left knee.
- 7. Circle counter clockwise and down with the same right kicking foot and execute a right roundhouse kick down and to right inner knee of opponent.

- 8. Plant your right foot on the inside of opponent's right leg and immediately execute a left rear crossover heel stomp to opponent's groin.
- 9. Left step out and right crossover while having your right foot sweep and scrape the right shin, instep, and foot of opponent.
- 10. Continue having your right foot crossover and cover out twice.

8. RAINING CLAW (front uppercut right punch)

- 1. While in a right neutral bow, deliver a right downward inward block to right forearm of opponent's right uppercut. Your left hand is guarding at chest level.
- 2. Immediately shoot a left overhead claw to opponent's face while your right elbow stays close to your body.
- 3. Your right clenched fist then circles clockwise and becomes a right thrusting back knuckle strike to opponent's face.
- 4. Have your left hand (which was guarding at the sternum and solar plexus) execute a left heel of palm strike to opponent's chin ricocheting into a five finger eye thrust. At this point your right hand should then be guarding in place of the left hand.
- 5. From the ricocheting left five finger thrust to opponent's eyes time your next move so that they simultaneously counteract each other. When the left five finger thrust claws opponent's face on the way down, deliver a right half fist' strike (palm up) to opponent's throat. Continue the motion of your left hand and drop it down over your right elbow (like in "Five Swords").
- 6. Shift your left foot toward four o'clock as your left hand claws out and to opponent's face with the action stopping at the face and have your right hand circle counter clockwise and deliver a back knuckle strike to opponent's solar plexus (have your right arm circle on the inside of your own left arm).
- 7. Again shift your left foot and move it toward one and two o'clock as your right back knuckle (after the hit) slides along the left rib cage of opponent continuing under opponent's left arm while your left hand checks opponent's left elbow. Immediately execute a left arm lock forcing your opponent to bend over as you drop down into a right wide kneel.
- 8. Step forward with your left foot toward six o'clock as your left hand slides down opponent's left forearm to his left wrist. At this point begin to place great pressure on opponent's arm (opponent's left arm at this point is in a hammerlock).
- 9. Shift your right foot clockwise to six o'clock (left neutral bow) and have your right hand now assist your left hand in grabbing opponent's left wrist and yank opponent's left arm down and toward you to dislocate opponent's left shoulder as opponent's face and body is forced to the ground (face down).
- 10. Leap up in the air and turn counter clockwise (facing nine o'clock) as you come down executing a right knee drop to back of opponent's neck.
- 11. Bounce on opponent's neck and leap up and turn clockwise (facing three o'clock) coming down with a left heel stomp to opponent's head.
- 12. Left front crossover and cover out twice.

9. CRASHING WINGS (rear bear hug-arms-free)

- 1. Step to your right with your right foot into a horse. Simultaneously strike down with both of your elbows against opponent's forearms (after having raised them).
- 2. Have your left foot meet your right foot (close cat) as your left and right arms cock to the right side of your waist.
- 3. Have your left foot then go around and behind of opponent's left leg (toward seven o'clock) and into a left reverse bow.

- 4. Pivot to your left and deliver a left elbow strike to opponent's jaw (while in a left neutral bow) and a right hammer fist to opponent's groin (while in a left forward bow).
- 5. Have your left elbow continue across of opponent's face and convert it into a left five finger face rip across of opponent's face.
- 6. (On this next move, time the stance change with the contact of the strike.) Have your right striking hammer fist now slide up the middle of opponent's body and convert it into a right heel of palm strike to opponent's jaw (fingers are parallel to the ground and pointed out and away from you) striking the jaw the moment your left foot moves slightly to your left into a wide left neutral bow.
- 7. Now have your left hand grab opponent's forehead as your right hand grabs the bridge of opponent's nose and yanks opponent's head down and toward you as you deliver a right knee kick to back of opponent's neck and head (knee kick coming up and back along side of opponent's spine).
- 8. Have opponent drop to the ground (face up) and step forward in the direction of seven o'clock with your right foot (into a right neutral bow) followed by a left step through (left neutral bow) in the same direction, concluding by circling your right foot clockwise to six o'clock (left neutral bow facing opponent).
- 9. Now that you are facing your opponent deliver a right sliding slice kick to opponent's head.
- 10. Plant your right foot back to seven o'clock and execute a left sliding back heel kick to opponent's head.
- 11. Left front crossover and cover out twice.

10. CAPTURED LEAVES (flank finger lock)

- 1. With your right fingers twisted by your opponent's left hand, raise your right hand high to relieve the pressure as you move your right foot slightly to your left (toward eleven o'clock).
- 2. While in place, pivot counter clockwise and deliver a left back elbow to opponent's left kidney while in a left neutral bow.
- 3. Immediately pivot clockwise into a horse and deliver a right back elbow to opponent's left rib cage as your left hand guards to the right of your face.
- 4. From the horse stance shoot your right foot back (between one and two o'clock) into a stiff leg (right reverse bow) to buckle on the inside of opponent's left knee. Left hand is still guarding at this point.
- 5. Have your left foot cross in front of your right foot toward eleven o'clock and immediately step through to eleven o'clock (this may vary depending upon where opponent's right leg is positioned) with your right leg (right neutral bow) going through and back of opponent's right leg in order to buckle him from the inside of his right knee, thus forcing opponent onto his back.
- 6. With opponent now on his back, left front crossover and stomp your left foot onto opponent's right knee.
- 7. Slide off and plant your left foot inside of opponent's right knee and execute a right side kick to opponent's groin (using the side of the heel of your right foot).
- 8. Plant your right foot to the side of opponent's right hip followed up with your left foot planting adjacent to your right foot (to the left of your right foot) and immediately deliver a right sliding knife edge thrust kick to opponent's jaw.
- 9. Right front crossover and cover out twice.

11. EVADING THE STORM (front right overhead club)

- 1. Standing in a left neutral bow, have your left foot drop back on a slight forty-five degree angle (between ten and eleven o'clock) or directly to your left depending on the circumstances as your opponent's right foot steps through with a right overhead club.
- 2. As your right outward blocks outside of opponent's right wrist, immediately deliver a right roundhouse kick to opponent's groin. (Left hand checking at chest.)
- 3. Plant your right foot (into a right neutral bow toward one and two o'clock) as your right hand grabs opponent's right wrist and your left hand punches to opponent's right ribs as you pivot into a right forward bow.
- 4. Deliver your left knee to outside of opponent's right thigh.
- 5. Plant your left foot forward and deliver a right roundhouse knee to opponent's inner right thigh.
- 6. Immediately after your right knee kicks to inside of opponent's right thigh plant your right foot back to seven and eight o'clock and immediately execute a left side kick to the inside of opponent's left knee to cause a buckle while right hand is still maintaining grab to opponent's right wrist.
- 7. From the left kick plant your left foot toward six o'clock (into a left neutral bow) and upon doing so deliver a left vertical forearm and elbow strike to back of opponent's left elbow to break (pull toward you with your right hand as your left arm strikes forward and away from you).
- 8. Step forward (toward six o'clock) with your right foot (into a short right neutral bow) as your left hand grabs opponent's right wrist (palm down) and your right hand again grabs opponent's right wrist (palm up).
- 9. Immediately shift your left foot counter clockwise and back to six o'clock as your right hand and left hand twists and snaps your opponent's right wrist counter clockwise to break as well as force opponent to his back.
- 10. Follow-up with a right roundhouse kick to opponent's face while he is on the ground (face up).
- 11. Right front crossover and cover out twice.

12. TWIRLING WINGS (rear stiff left hand lapel grab)

- 1. Have your left foot step back and to your right on a forty-five degree angle (between four and five o'clock into a left rear twist stance).
- 2. Pivot to your left (into a left front bow). Simultaneously deliver a left outward block to outside of opponent's left arm and a right horizontal elbow strike to outside portion of opponent's left rib cage.
- 3. Pivot to your right (into a horse) and deliver a left horizontal elbow strike to inside portion of opponent's left rib cage as your right hand guards your face.
- 4. Have your right foot cross back of your left foot (moving toward ten and eleven o'clock) and immediately shoot a left stiff leg (left reverse bow) to the inside of opponent's right knee to buckle.
- 5. From the left reverse bow deliver a left knee kick to the inside of opponent's right knee (again for purposes of buckling).
- 6. Plant your left foot to the right of your right foot into a left front twist stance and without any hesitation pivot (untwist) clockwise and deliver a spinning right rear stiff leg kick between opponent's legs and up to opponent's groin.
- 7. From the stiff leg kick right front crossover and simultaneously deliver a right back knuckle strike to opponent's head.
- 8. Continue the crossover and cover out twice.

13. SNAPPING TWIG (front left hand chest push)

- 1. Standing with feet together, drop back with your left foot (toward six o'clock) into a right neutral bow as you simultaneously hook in with the heel of your right palm to outside of opponent's left elbow joint and hook in with the heel of your left palm to inside of opponent's left inner wrist to cause an elbow break.
- 2. Have your right hand hook opponent's left arm counter clockwise, out and down (toward four o'clock) as you execute a left thrusting chop (palm down and fingers pointed toward you) to opponent's throat. As you shuffle forward continuing the circular motion of your right hand have the knuckles of that hand rake across the bridge of opponent's nose (striking diagonally from one o'clock to seven o'clock).
- 3. Continue the motion of your right arm and circle the right elbow to strike horizontally to opponent's left jaw simultaneously hook your left heel of palm (moving from left to right) and strike to opponent's right jaw thus sandwiching opponent's jaw from both sides.
- 4. Left front crossover and deliver a right downward hammer fist to groin of opponent with your left hand cocked in front of your sternum.
- 5. Twist clockwise and out of your left front twist stance (into a left neutral bow) as you execute a left heel of palm thrust to opponent's chin.
- 6. Follow-up with a right chopping punch to opponent's left floating ribs while covering and cocking your left hand to the right of your head.
- 7. Now execute a left back knuckle to opponent's head (left side).
- 8. Immediately pivot counter clockwise and deliver a right side kick to opponent's right knee (on the inside).
- 9. While kick is still in the air right front crossover and cover out twice.

14. LEAPING CRANE (front step through right punch)

- 1. With feet together, hop to your left (toward ten o'clock) into a left one leg (crane) stance with your right foot cocked to inside portion of your left knee as your left hand parries inward and your right arm cocks horizontally across your waist.
- 2. Deliver a right snapping knife-edge kick to outside portion of opponent's right knee to buckle him.
- 3. As you plant your right foot between opponent's legs (between one and two o'clock), deliver a right back knuckle strike to opponent's left kidney.
- 4. Immediately deliver a right inward elbow strike to opponent's head as your left heel of palm strikes opponent's left mastoid-thus a sandwiching blow.
- 5. Shift first into a right neutral bow as you execute a right five finger ripping face claw (from the left side of opponent's face, ripping back and toward you) and (as rip is in progress) then shift into a right forward bow as you simultaneously deliver a left thrusting chop (palm down, with your fingers pointed toward you) to back of opponent's neck.
- 6. Shift back into a right neutral bow as you execute a right chop to right side of opponent's neck.
- 7. Right front scoop kick to groin of opponent and left chicken kick to upper spine of opponent.
- 8. Right from the left chicken kick (while your left foot is still in the air) left front crossover stomp to top of opponent's right ankle to break.
- 9. Have your right foot back and toward five o'clock and execute a left stiff-leg lift kick to chin of opponent (your left back of heel is what strikes under opponent's chin).
- 10. Replant your left foot (toward eight o'clock) while cocking your right foot and immediately deliver a right side kick to top of opponent's right hip bone.
- 11. Right front crossover and cover out twice.

15. CRUSHING HAMMER (rear bear hug-arms pinned)

- 1. With feet together, step to your left with your left foot into a horse. Simultaneously strike to opponent's groin with your right hammer fist as your left hand pins opponent's left arm.
- 2. Have your right foot meet your left foot (close cat) and then around and behind opponent's left leg into a right reverse bow. Simultaneously strike opponent's groin with a right heel palm; then grab opponent's groin with a right claw.
- 3. Pivot into a neutral bow as your right arm follows the contour of your opponent's body and your right elbow strikes up to his chin.
- 4. Complete your pivot into a right forward bow as you deliver a left heel of palm strike to opponent's left rib cage.
- 5. Immediately have both of your hands grab back of both knees of your opponent (have your left hand grab back of opponent's left knee and your right hand grab back of opponent's right knee). Immediately lift both of opponent's legs off the ground and force opponent onto his back.
- 6. Shift your right hand and have it assist your left hand in grabbing your opponent's right foot (have your left hand, palm down, and on top of opponent's right toes; your right hand should be palm up and grabbing under your opponent's right heel of foot from the inside). Immediately (assuming opponent who was originally back of you as well as yourself were both facing 12 o'clock) twist your opponent's ankle counter clockwise as you shift and circle your right foot clockwise to 12 o'clock thus forcing your opponent to be face down on the ground.
- 7. Release your grab and right front crossover stomp to back of opponent's right knee (then slide your right foot off, replanting it to the ground).
- 8. Left side kick to back of opponent's neck or head.
- 9. Plant your left foot under left armpit of your opponent and execute a right knee drop to left ribs and kidney of opponent.
- 10. Bounce up and shift your feet so that your right foot plants forward and to the right of opponent's head as you execute a left knee drop to opponent's neck (to the back of it).
- 11. Draw your left foot (while dragging and raking it on opponent's back of head), cock the left foot and immediately execute a left back kick to opponent's head (or left heel stomp, depending upon the distance).
- 12. Left front crossover and cover out twice.

Optional Techniques**1. CIRCLING WING (rear two-hand choke-arms bent)**

- 1. With feet together, have your left foot step forward and to your right on a forty-five degree angle (between one and two o'clock, assuming both of you are facing twelve o'clock) into a left neutral bow as your right arm cocks horizontally across your waist.
- 2. Pivot clockwise as you circle your right elbow over and down on to right arm of opponent to hurt and pin that arm. Complete the pivot into a right front bow with a left finger jab to opponent's eyes.
- 3. Pivot to your left into a horse as you have your right elbow strike up to opponent's chin. Your left hand is in a guard position by your right ribs.
- 4. Pivot again to you left into a right reverse bow as you strike with a right hammer fist to opponent's groin with your left hand guarding.
- 5. Switch from a right reverse bow to a left forward front twist stance (having your left foot drop back and toward opponent as it crosses over and in front of your right foot) and deliver a right back knuckle strike to opponent's face.

- 6. Untwist (clockwise) and grab opponent's right arm with both of your hands (have your left hand grab opponent's left elbow and your right grab opponent's right wrist) as your right foot drops slightly back (toward six o'clock into a wider left neutral bow) jerking and pulling opponent's arm down.
- 7. Without any hesitation deliver a right knee kick to opponent's right rib cage while still maintaining right wrist grab.
- 8. Plant your right foot back to point of origin and step back (step through) to six o'clock with your left foot as both of your hands whips and pulls opponent's right arm (at the wrist) to the left of your body.
- 9. Release your right hand and deliver a right back knuckle to opponent's right temple, followed by a right inward horizontal elbow strike to opponent's left jaw.
- 10. Have your right hand re-grab opponent's right wrist (to re-assist your left hand which is still grabbing) and step back (step through) to six o'clock as both of your hands whip opponent's right arm to the right of your body and down, forcing your opponent, face down, to the ground (like leap of death).
- 11. Left stomp to back of opponent's left elbow.
- 12. Shift and plant your left foot (after the stomp) slightly to your right (adjust your planting left foot to the proper distance needed) and immediately spin clockwise and deliver a right spinning back heel stomp to opponent's head.
- 13. Right front crossover and cover out twice.

2. CALMING THE STORM (front right roundhouse club)

- 1. With feet together, step forward and slightly to you left with your right foot (toward eleven o'clock) as opponent steps through with his right foot delivering a right roundhouse club attack.
- 2. As you step in, execute a left extended outward block to inside of opponent's right wrist. Simultaneously deliver a right vertical fist to opponent's jaw or face.
- 3. Immediately pivot into a right front (forward) bow. Check opponent's right arm with a right parry as your left vertical fist shoots over your right arm striking to opponent's solar plexus or rib cage.
- 4. Deliver a right horizontal back knuckle to opponent's right floating ribs as your left hand checks opponent's right arm.
- 5. Grab opponent's right wrist with your left hand and snap opponent's right elbow by delivering a right outward strike (moving it back toward you) back of opponent's right elbow while still remaining in a right neutral bow.
- 6. Freeze the action of your arms and drop back with your right foot to six o'clock (keeping constant pressure on opponent's right arm).
- 7. While still maintaining the grab with your left hand have your right hand convert into a right back knuckle striking down to right ribs of opponent and continuing to circle counter clockwise and converting into a right inward strike to back of right ribs of opponent (at the time of strike opponent should be bent over and leaning forward).
- 8. Shift your left foot to four o'clock as you push down on opponent's right armpit with your right hammer fist and pull opponent's right (stiff arm) diagonally and toward you (pulling from eleven o'clock to five o'clock) to dislocate opponent's right shoulder.
- 9. Force opponent face down to the ground and immediately go into a left rear crossover (left rear twist) and deliver a right back knuckle down and to back of opponent's left rib cage (at this point you and the opponent are facing six o'clock and you are on the left side of opponent, as opponent is face down).
- 10. Have your left foot step out toward six o'clock (into a left neutral bow) and immediately deliver a right knee drop to back of opponent's left elbow (to break).

- 11. From your right close kneel, position in your right foot, and while in place, twist clockwise into a right front twist stance. However, upon doing so have the heel of your right foot come down to the right side of opponent's face, stomping down and toward you in order to strike the right side of opponent's face.
- 12. Immediately deliver a left knee drop to back of opponent's neck.
- 13. Bounce from the left knee drop out and to the side into a right one-legged stance.
- 14. Right front crossover and cover out twice.

3. ENTWINED MACES (left and right punch with opponent's left leg forward)

- 1. With feet together, drop back with your left foot into a right neutral bow as your right hand loops a figure eight, first with a right inward on the outside of opponent's left punch and a right extended outward on the outside of opponent's right punch.
- 2. Immediately shuffle forward while your right extended outward drops and hooks opponent's right arm down and to your right. Simultaneously deliver a left vertical punch to opponent's face (you're now in a right forward bow).
- 3. While in place pivot into a right neutral bow as you deliver a right thrusting chop to opponent's left jugular vein, switching your left hand as a check against opponent's right arm.
- 4. Follow-up with a left rear crossover and deliver a right stiff leg reverse bow to buckle opponent's left leg from the inside out. Simultaneously deliver a right downward hammer fist to opponent's groin. (Your left hand is guarding in front of your chest.)
- 5. From a right reverse bow pivot clockwise (in place) into a right front twist stance, cocking your left hand to your left hip. Simultaneously deliver a right vertical outward against the right side of your opponent's nose to break it. Immediately follow-up with a left heel of palm strike to opponent's sternum and a left knee kick to opponent's groin (cocking your right clenched fist to your right ear).
- 6. Plant your left foot back to 8 o'clock, checking with your left hand, and (from your right hand cocked position) immediately deliver a right thrusting, chopping hammer fist to opponent's left collar bone.
- 7. Immediately execute a left rear crossover and a right back kick to opponent's solar plexus.
- 8. Right front crossover and cover out twice toward 8 o'clock.

Required Techniques For 1st Black Belt**1. TWIRLING HAMMERS (front step through left punch)**

- 1. While standing in a left neutral bow stance and with opponent punching from 12 o'clock, shift your left foot over slightly to the right (toward 3 o'clock) into a left front rotating twist stance, as you execute a left extended outward block, striking at or above his left elbow.
- 2. Immediately step out to 1 o'clock with your right foot into a right neutral bow stance as you execute a right looping overhead punch (hooking back and toward you) to the right mastoid of your opponent, (your left outward extended block is still checking at this point).
- 3. Continue the action of the looping punch on down to become a check to his left arm as you simultaneously execute a left inward horizontal elbow strike to the left rib cage of your opponent.
- 4. Without any loss of motion switch your left elbow back to a check (hooking over his arm with your wrist and your palm up) to his left arm. Now loop your right hammer fist inward diagonally and down to strike his left kidney.
- 5. At this point opponent is dazed and is standing with his dead right hand down . . . and as you step back with your right foot to a left forward bow stance, you circle your right hand under and around to countergrab his right wrist, and all simultaneously, execute a right front reverse crossover sweep to his right ankle as you pull and yank his right arm, and with his body in motion, release your right grab and deliver a right vertical punch to his face, with your left palm striking the back of his head to cause a sandwiching effect.
- 6. Immediately snake your left hand around (toward you) and into the front of his face, and maintaining your right hand as a check, step out with your right foot to 5 o'clock and as you unpivot into a left reverse step through to a right neutral bow execute a left outward claw followed by a right two-finger poke to his left eye as your left hand drops to become a check in the neutral zone.
- 7. Right front crossover and double cover out to 6 o'clock.

2. DESTRUCTIVE KNEEL (front step through right punch)

- 1. While standing naturally with hands at your sides as opponent punches, step forward left to 11:00 o'clock into a left neutral bow stance as your right outward parry converts into a grab to his right wrist, and as you pivot clockwise into a right close kneel stance, with your left knee, striking to the back of his right knee (to cause a buckle) execute a left inward heel of palm strike to the right elbow of the opponent to cause a break. Allow this strike to pass through and under his arm.
- 2. With opponent now on his right knee, pivot back counterclockwise and as you drop into a left close kneel (your right knee drops to cause a break to his tibia or ankle) execute a left backknuckle (under his arm and through his ribs in an outward fashion) with a right inward heel of palm claw ripping through his face.
- 3. Pivot back into a right close kneel and execute a right outward backknuckle with a left vertical punch to his ribs or spine (at this point your right hand is below your left to act as a check against his right arm or possible kick).
- 4. Now snake your left crane hand around the right side of his neck and pull him into a left knee strike to his spine (your right hand is checking his right arm or shoulder at this point).
- 5. With your left knee still in the air and as you plant your left foot back to 9:00 o'clock into a right neutral bow stance loop your right hand down, around and in to come down diagonally across his jaw with a hammerfist (your left hand has now switched to become a check).

- 6. As opponent falls (toward 11:00 or 12:00 o'clock) execute a right roundhouse kick to his head or any available opening.
- 7. With your right leg still in the air, right front crossover and double coverout to 9:00 o'clock.

3. FATAL CROSS (two-hand attempted low grab or push)

- 1. While standing naturally and with opponent attempting to grab or push, execute double crane clears (like "Hooking Wings") and then step forward right to a right neutral bow stance as you strike the opponent's floating ribs with double middle-knuckle fists.
- 2. This causes him to bend down into double backknuckle strikes to the temple followed by double eye pokes to his eyes (In this case your right hand is on the top to prepare for moves that are to follow).
- 3. With your hands still crossed drop them down to check his shoulders, step through with a left knee kick to his groin, followed by a right step through knee kick to his solar-plexus, plant down right.
- 4. Grab the opponent's left shoulder with your left hand and turn him around clockwise as your right hand grabs and assists in the process by holding his chin, step back right (after he has stopped turning) and pull your opponent back into a right knee to the spine, plant down and then left knee up to his kidney.
- 5. With your left still in the air deliver a left side thrust kick to the back of the right knee of the opponent .
- 6. Left front crossover and double cover out to 6:00 o'clock.

4. ESCAPE FROM THE STORM (right flank, overhead right club)

- 1. Standing naturally with hands down and as opponent comes from 3:00 o'clock with a right overhead club attack, step off right toward 2:00 with your right foot into a right neutral bow stance, as you execute a left inward parry simultaneously with a right thrusting heel of palm thrust to his jaw.
- 2. Maintain your left parry hand as a check against his right upper arm, as you step through forward with your left foot into a left close kneel stance toward 2:00 o'clock, to check his right knee with your right knee, as you simultaneously execute a right vertical thrusting elbow to his right floating ribs (actually your right arm just collapses down from the previous palm heel).
- 3. Circle your right hand out and down and execute a heel of palm claw into his groin.
- 4. Adjust your left foot slightly (gauging leg) toward 2:00 o'clock and as you slide your right hand down his leg to grab his ankle, drop your left checking hand down to the back of his right knee, and in the same motion swing your right foot back clockwise to 2:00 o'clock into a left forward bow stance, as you yank and pull his right leg out straight and back beside your right hip.
- 5. Execute a right front crossover toward 8:00 o'clock into a right front low twist stance as you drop the knee of opponent down and across your right knee to break it.
- 6. Execute a left inward palm slap to the inside of his right thigh to clear his leg off your knee and immediately come up with a right toward inverted crane strike to his groin, immediately start to pivot counter clockwise (facing toward 2:00 o'clock) while still looping your right hand up and over, execute a right snapping upward heel hook strike, and as you plant back down (point of origin) continue looping your right hand into a back shape of the crane strike to his groin.
- 7. Now switch your right hand to a check to his hips (in the center and below his waist), as you left front crossover toward him, push him forward onto his hands and knees, and as

you settle into a left front twist stance deliver a left forward underhand shape of the crane strike to his groin.

- 8. Unpivot clockwise as you come up from your twist stance and you execute a left lifting heel kick in between his legs to strike any available target (either groin, solar-plexus, or chin depending on the position that the opponent is in at the time).
- 9. With your left foot in the air, left front crossover and cover out twice toward 2:00 o'clock.

5. REVERSING CIRCLES (left roundhouse kick followed by left punch)

- 1. While standing in a right neutral bow stance and with opponent attempting to kick you in the right kidney with his left roundhouse kick execute a right universal block over your right knee (right hand downward and left hand inward) to block his kick.
- 2. As opponent plants down and attempts to punch with his left to your face, change your stance to a right forward bow stance as you simultaneously execute a right upward block (to the inside of his punching arm), and a left outward handsword thrust to his left floating ribs.
- 3. Now as you switch back into a neutral bow stance switch your hands by executing a left upward block and a right outward handsword thrust to his right floating ribs (your left upward block at this point has switched to a grab to his left wrist).
- 4. While still maintaining your grab execute a right front crossover toward 8:00 o'clock as you pull opponent's arm with you, and as you settle in the twist stance (right front twist) break his arm with a right downward forearm strike to his elbow (strike is like the break in "Crossing Talon").
- 5. While still holding your opponent's right wrist, execute a right side kick to his thigh with a simultaneous right backknuckle to his left temple.
- 6. Plant back into the twist stance (point of origin) and reach over his left wrist with your right hand, and grab his hand (fingers in his palm), and switch your left grab around counterclockwise and under (fingers in his palm), then step out left to 8:00 o'clock, and then swing your right foot back to 8:00 o'clock into a left neutral bow stance as you twist your opponent's left wrist clockwise so that you force him over onto his back (his head should be pointing toward 5:00 or 6:00 o'clock) and immediately execute a left downward looping roundhouse kick to his solar-plexus.
- 7. As you execute a left front crossover do a left hand clear to his arm, and double cover out to 7:00 o'clock.

6. UNWINDING PENDULUM (right front kick followed by right punch)

- 1. While standing in a right neutral bow stance and with opponent attempting to kick you with his right front kick, drop back with your right foot into a twist stance (left front) as you execute a right downward block to the outside of his kicking leg (at this point your left hand is cocked up beside your left ear, like in "Thundering Hammers").
- 2. As opponent delivers a right punch, unpivot from your twist and execute a left inward block to the outside of his left elbow (the action from both of these previous moves will have turned him around so that his back is toward you).
- 3. Immediately execute a right front crossover sweep to the back of his left knee, and as you plant down, your right underhand claw comes up between his legs (from behind) to claw his groin. Your left hand is horizontal and palm out to check his arms at the elbows.
- 4. Now unpivot counter clockwise and go right into a right rear scoop kick to his groin and with scoop still in the air plant back in between his legs landing in a right reverse bow stance buckling his right leg, as you execute a right outward heel of palm strike to his kidneys.

- 5. Now execute an in-place stance change (right foot up and then left foot back) into a left reverse bow stance to buckle his left knee, as you execute a left outward and back elbow strike to his face simultaneously with your right heel of palm to his ribs (fingers out).
- 6. Now execute a left front crossover to 7:00 o'clock as you execute an inverted outward horizontal "Cobra Strike" (as you return your hand from the strike anchor your elbow).
- 7. Double cover out to 6:00 o'clock.

7. CIRCLING THE STORM (right front club poke)

- 1. Starting in a natural stance, step off to 11:00 o'clock, into a left neutral bow stance as you execute a left inward block to the outside of his left arm.
- 2. Switch your block to a check as you step through to 11:00 o'clock with your right foot, execute a right raking elbow strike to the right ribcage of your opponent, plant your right foot toward 11:00 and then pivot 180 degrees counter clockwise into a left neutral bow stance, facing 6:00 o'clock, as your left outward elbow strikes solar plexus of your opponent (your right hand is checking his right upper arm at this point).
- 3. Now execute a right inward heel of palm claw to the right side of the opponent's face as you hop back to 11:00 o'clock landing in a left one-legged stance, immediately execute a right knife edge thrust to the back of his left knee, plant down immediately, and continue the right claw to his face on down to a right (palm down and out) outward claw to his groin from the back side. Your left hand is in a checking position across his back, palm out and fingers pointing to the right.
- 4. Now circle your right hand out to the right and over and in to repeat the same claw to the face that you did earlier, and drop your right hand to his back to become a possible check for his arms, and immediately without hesitation execute a left front crossover sweep to the back of his right knee and as you plant, do a left claw to his groin from behind and in between his legs.
- 5. Now grab around his right side of face with your left claw as your right hand checks his shoulder, drop your left foot back to 10:30 as you turn him around slightly counter clockwise and come up with a right knee to the back of his neck.
- 6. As you plant your right foot back (place of origin) rip his face with your left claw and execute a right rising lift punch to his back of neck.
- 7. Replace your left claw to his right side of face and pull him back into a right overhead looping downward roundhouse punch to his left temple, and immediately with the same energy flow into a right side kick to any available opening.
- 8. Right front crossover and double coverout to 10:30 o'clock.

8. CIRCLING WINDMILLS (two-hand push followed by right punch with your back near a wall)

- 1. Standing naturally with your hands up like "Hey, take it easy", and as opponent steps in right with his right punch, as you step forward left into a left neutral bow stance, execute a right extended outward overhead block to his punch as you simultaneously execute a left heel of palm strike to his sternum.
- 2. Now while still in a left neutral bow stance windmill your left hand counter clockwise up into a claw to his face as you simultaneously execute a right clockwise inward hammerfist strike to his left floating ribs.
- 3. While still in a left neutral bow stance facing 12:00 o'clock windmill your right hand clockwise up to become an overhead parry as you simultaneously execute a left counter clockwise inward hammerfist strike to his right floating ribs.

- 4. Now check his right arm with your left hand as you step through right into a right neutral bow stance (against his right knee to act as a check) as you execute a right inward knuckle rake through the nose and down to his right arm.
- 5. While still in a right neutral bow stance, execute a right outward horizontal finger slice, then double back in and out just like in the form "Long Form #4.
- 6. Turn clockwise in place to a right front rotating twist stance as you execute a left inward knuckle rake to the bridge of his nose or cheek bone.
- 7. Now unpivot back into a right neutral bow stance, as you execute a left outward horizontal slice with your fingers from inside out.
- 8. Now execute a right front crossover sweep to his right ankle as you execute a left inward horizontal slice across his eyes then follow this immediately by an outward slice while still in place.
- 9. Grab the left hand of the opponent at the wrist and step back left to 7:00 o'clock to a right neutral bow stance as you execute a right heel palm thrusting strike to his left jaw and using the striking point to fulcrum, rotate your right hand counter clockwise as your fingers windshield-wiper across his eyes (at this point you are starting to pivot counter clockwise into a right reverse bow stance).
- 10. While still maintaining your left grab onto his right wrist pull down as you circle your right crane hand around and in back of his right side of head to hook his neck, and while keeping your elbow anchored pull his head down into a right upward vertical heel hook to his face and plant your right kicking foot down to the point of origin (for stability). Now execute a right front crossover as you execute a right underhand backknuckle strike to his face.
- 11. Unpivot counter clockwise as you execute a left spinning back kick to any available opening.
- 12. Left front crossover and double cover to 6:00 o'clock.

9. DEFENSIVE CROSS (right front kick)

- 1. Starting with both hands up, execute a crossed wrist block (right hand over left, with hands open and dropping them straight down) while stepping back right to a left forward bow stance. When your hands are almost down to your waist your left hand goes into a crane to hook out under his right ankle as your right hand checks his leg on top. Pull his leg back and to the left past your left hip so that he's losing ground and his balance.
- 2. Now execute a right outward hanging backknuckle strike to his face or cheek bone followed by a left inward heel of palm strike to his right mastoid which immediately switches to a claw or grab to the hair or the back of his neck (at this point your right hand is back behind you ready for the next move).
- 3. Execute a right front snap ball kick to the groin (maintain your grab to his head with your left hand). As you plant back to the point of origin, execute a right stiff arm rising backknuckle strike to the face of the opponent, to sandwich his head between your left grab and your right strike.
- 4. Draw your left foot back to a cat stance and deliver a left front snap ball kick to his groin or lower midsection, and plant your left foot back down into the same cat stance.
- 5. Shift your weight onto your left foot and execute a right reverse crescent kick, from inside out, to the right side of his head, let the kick follow through and bounce it back into a right roundhouse kick to the left side of his face (on this kick be sure you lay out straight with your right hip over).
- 6. Right front crossover and double coverout to 7:00 o'clock.

10. CAPTURING THE ROD (right front pistol against your chest)

- 1. Standing naturally with hands down step forward right to 12:00 o'clock to a right neutral bow stance, as you execute a left outward parry close to your body to catch and deflect the barrel of the gun (be sure that your body pivots counter clockwise to face square to 9:00 o'clock) as your right hand simultaneously reaches over (and palm down) to grab the gun at the chamber or the hammer.
- 2. Now that your right hand has control of the gun, execute a left two-finger poke to his eyes, immediately snap the poke back so that the left hand is down under the gun.
- 3. Now use your left hand to assist your right and as you step back to 6:00 o'clock with your right leg to a left neutral bow stance, twist his wrist and the gun clockwise and back so that the barrel points toward him.
- 4. Now simultaneously as you switch your left neutral bow stance to a toward bow stance, yank the gun from his grip with your right hand so that the trigger finger of his right hand is forced back and broken in the process and as you pull the gun back past your right hip simultaneously execute a right front snap ball kick to the groin of your opponent. As you plant down from the kick (forward and toward 12:00 o'clock) come up with the butt of the gun in an arc diagonally upward and to the right to strike the jaw of the opponent (your left hand is checking at this point to his right arm).
- 5. Now execute a downward diagonal inward strike to his left cheek bone, followed by a right looping outward and downward strike to the other side of his head to his jaw and follow through and down with the gun sort of back toward your right hip (all this is like a figure '8' pattern) as you step back to a right neutral bow.
- 6. Now as you execute a left front crossover grab the barrel of the gun with your left hand, and switch your right hand so that you have the proper pistol grip. And as you execute a right reverse step through, drop your left hand down below the gun into a guard position (do not your left hand exceed the end of the barrel).
- 7. You are now clear and aiming the gun at the opponent.

11. BOWING TO BUDDHA (right front roundhouse kick)

- 1. While you are kneeling with both feet and toes back, and as opponent approaches you from the front, raise up onto your right foot, and shift your left foot onto the ball of your foot, while simultaneously executing a right inward block with a left extended outward chopping block to the right leg of your opponent.
- 2. Now shove your right blocking hand over to the left to force his kicking leg to land down to his right, and immediately execute a forward step drag (step with your right foot and drag with your left knee). Execute a right upward vertical elbow strike to his groin, followed immediately by a left lifting underhand (palm up) heel of palm strike to his groin.
- 3. Now as you keep your left hand under his testicles drop your right hand down into a right backknuckle strike to sandwich them.
- 4. Immediately raise up your left hand as a check to his midsection as you simultaneously drag up your left foot to your right foot and grab the back of his left ankle with your right hand.
- 5. Now step back with your right foot (in place switch) as you pull his right foot out from under him while converting your left check into a left inward elbow strike to the solar plexus, to cause him to land on his back (this is like the left handed version of "Dance of Death").
- 6. With opponent now on his back, slide your right hand over top of his toes and your left hand over top of his foot to grab his heel. Now step back with your left foot to 6:00 o'clock

and pivot your upper body counter clockwise to flip opponent over onto his stomach while breaking his left ankle in the process.

- 7. At this point you should be in a right reverse bow stance facing 12:00 o'clock. Now drag your left foot to your right foot (gauging leg) and drive your right foot back toward 11:00 o'clock into a right reverse bow stance with your right bent leg snapping straight and back against the underside of his left knee to force it to lock and overextend into a break (your hands assist you by forcing his foot down at the same time).
- 8. Now execute a right outward crane hand clear to clear his left leg out and to your right, as your left hand goes back and down along beside your left thigh to act as a position check for the next move.
- 9. Immediately in place stance switch (right to front and left foot back) as you then execute a left back thrust kick to the opponent's groin (stomp kick may be used).
- 10. With your left kicking leg still in the air, left front crossover and double cover out toward 6:00 o'clock.

12. PRANCE OF THE TIGER (right flank step-thru right uppercut punch)

- 1. Standing naturally with feet together, drop back slightly with your right foot, into a left 45 degree cat stance as you circle your left hand over and down to do a left hand heel of palm downward parry against his right hand, then take over with your right hand with a right inside downward block (palm up).
- 2. As your right hand follows through and cocks across your midsection (your left hand is covering with your palm facing toward 3:00 o'clock) your left foot sweeps across to strike (thrusting sweep kick) to opponent's right shin.
- 3. Immediately execute a right side chicken kick to the inside portion of his left knee as you simultaneously execute a right outward backknuckle strike to his right temple.
- 4. From your right knife-edge kick (with foot still in the air) have your right foot sweep across and hook the inside of his right leg to sweep him out and spread his legs; as you simultaneously execute a right outward two-finger eyehook to his eyes (keep your left hand checking his arm).
- 5. Unpivot counter clockwise and execute a left rear spinning stiff leg sweep to 1:00 o'clock to the inside of his right knee; as your left hand checks his arms.
- 6. Continue to pivot counter clockwise and execute a right knee kick to his solar-plexus simultaneously with a right overhead and downward hammerfist strike to the back of his neck.
- 7. Now switch your hands so that your right becomes a check to his right shoulder, as you execute a left knee (toward 4:00 o'clock) up to his chin simultaneously with a left hammerfist strike down to the back of his head.
- 8. Immediately execute a left front cross over toward 7:00 o'clock as your left heel palm jab to his head toward 5:00 o'clock forces him down.
- 9. Double cover out toward 7:00 o'clock.

13. BROKEN ROD (rear right hard pistol)

- 1. Standing naturally with opponent pressing gun in your back, pivot clockwise in place (using the heel of your right foot and the ball of your left foot) facing toward 5:00 o'clock, into a right front rotating twist stance, as you simultaneously execute a right outward palm up hooking parry (like carrying a tray).
- 2. Step out left into a left neutral bow stance to 5:00 o'clock (to check the outside of opponent's right knee) as you grab the hand of the opponent at the gun with your right hand (palm down) and execute a left uppercut break to the right elbow of the opponent.

- 3. Now shift your left hand over and around to his shoulder, sort of pinning his shoulder as you step forward, swinging your right leg around and to the inside of opponent's right knee to buckle; as you rank the gun out of his hand with your right arm.
- 4. Immediately execute a right vertical upward strike to the chin of the opponent with the butt of the gun; and in the same motion follow through and loop over clockwise and come back down and inward to hit the throat or sternum of the opponent.
- 5. Now hop off left to 4:00 o'clock into a left crane stance as you loop the gun over outward and down (left hand checks) to strike the back of opponent's right elbow (this motion is like the second half of "Glancing Lance").
- 6. With your right foot still in the air and cocked, execute a right knife edge thrust kick to the back of opponent's left leg (at the knee) and as you plant your right foot down, the right hand (with the gun), which is down by our right hip, comes up to rake through the right rib cage of our opponent, diagonally and up.
- 7. Immediately pivot clockwise in place to a right front rotating twist stance as we strike diagonally down (from left to right) to the back of our opponent's neck with the butt of the gun following through so that you continue the action into a left heel of palm strike to the back of his head (to act as a check) then drop the left hand to pin his right shoulder.
- 8. As you unpivot counter clockwise execute an upward diagonal strike (left to right) to the face of the opponent. Follow through with the right foot to 3:00 o'clock.
- 9. As you left front Crossover to 3:00 o'clock grab the barrel of the gun, and as you step out right to 3:00 o'clock take the handle of the gun in your right hand (in the proper firing position) and slide your left hand down and under the barrel as a check, taking care as to not allow your hand to move in front of the barrel.

14. DEFYING THE ROD (right front pistol)

- 1. Standing naturally and with hands at your sides pivot counter clockwise as you slide your left foot to 2:00 o'clock into a left front rotating twist stance, as your left hand executes a left outward parry (hooking with your palm up like carrying a tray). Be sure to have your center line move off to the right of the line of fire.
- 2. Immediately switch your left hand to a grab to his hand (at the gun) and simultaneously execute a right front snap ball kick to his groin with a right two-finger poke to his eyes.
- 3. Plant down right, toward 11:00 o'clock (to buckle the inside of the opponent's right knee) as your right hand grabs his hand (to assist the left hand which is holding the gun) and yanks down and slightly to your left, to pull him into a right slapping upward elbow strike to his chin.
- 4. Remove the gun from his right hand with your right hand while maintaining the grab with your left, and immediately step back right to 6:00 o'clock and as you step, execute a right downward outward diagonal strike with the butt of the gun to the right side of his head (your left hand checks his right arm out to the left).
- 5. Now continue the flow of the gun back over forward and down, and as you come up with a right knee kick to his sternum come down simultaneously with the butt of the gun to the back of his head. 6. With your right knee still at his sternum switch it to a right snapping instep kick to the groin then then with the leg still in the air, execute a right knife edge kick to the inside of his left knee.
- 7. With your right knife edge kick still in the air, go into a right front crossover as your right hand strikes across to the left horizontally to hit the inside of your opponent's right elbow, forcing his arm clear of your path.
- 8. At the very moment you plant into your crossover execute a right downward outward backward strike with the butt of the gun to the head of the opponent.

- 9. Unpivot from the twist counterclockwise and as you execute a left spinning back kick to any available opening, take the gun by the barrel with your left hand and cross out left toward 6:00 o'clock as you switch the gun to your right hand and step out to 6:00 o'clock with your right foot, while having the barrel of the gun aiming at the opponent in the proper manner, having slipped your left hand beside and below in the checking position (taking care so as not to have your hand go in front of the barrel).

15. TWISTED ROD (right front pistol)

- 1. Standing naturally with hands down, step slightly forward with your left foot, as your right hand executes an outward parry to the barrel of the gun and your left hand grabs his right hand.
- 2. Step forward and outside of his right leg with your right (to 11:00 o'clock) as your right forearm pins against the back of his right hand to force it back.
- 3. Pivot in place counter clockwise into a left forward bow stance facing 6:00 o'clock, as your left hand and right forearm twist the opponent's right wrist and arm counter clockwise to break it as he is thrown over your right leg to land on his back (with his head toward 4:30 and his feet toward 1 0:30).
- 4. Immediately execute a right shoveling kick (first the ball of your foot then the heel in the same motion) to his right rib cage following through and then up.
- 5. Come down with a right point of heel stomp to the head of the humorous at the left shoulder. Plant your right foot just to the right of his left arm and pivot counter clockwise into a left close kneel stance.
- 6. Drop down with your right knee to his throat as you execute a right two-finger poke to his eyes (your left hand is still holding onto his right gun and hand, and you are facing 2:30).
- 7. Now take the gun with your right hand and strike down and back (toward your right leg) through his right side of jaw with the butt of the gun, then strike again forward and through his face with the butt of the gun, following through to hit and hurt his right arm.
- 8. Stand up and execute a right knife-edge kick to his right arm stepping through to 4:00 o'clock and as you left front crossover to 3:00 o'clock take the gun by the barrel with your left hand and switch it to your right hand (in the proper manner) so that as you step out right to 3:00 o'clock you are aiming the gun at the opponent with the left hand below in a checking position (taking care so as not to have your hand go in front of the barrel).

Optional Techniques**1. DANCE OF DARKNESS (right front kick followed by right punch)**

- 1. Starting in a right neutral bow, step with right foot to 6 o'clock into a rear twist stance with a right downward parry to kick followed by a left inward parry to punch.
- 2. Step forward to a right neutral bow to 12 o'clock with a right outward parry outside of opponent's right arm.
- 3. Step forward to a left neutral bow to 12 o'clock with a right inward elbow sliding through the opponent's rib cage with the left hand checking.
- 4. Pivot to 3 o'clock with a right outward backknuckle to opponent's right kidney simultaneous with a left vertical punch to opponent's right mastoid.
- 5. With your left hand pressing and checking opponent's right shoulder do a right rolling vertical backknuckle to opponent's right temple. Circle right hand counter clockwise to a right inward two finger horizontal hook (following opponent's arm) immediately followed by

a left two-finger hook to opponent's eyes as you do a left front twist to 5 o'clock (sweeping opponent's right leg).

- 6. Spin out of twist clockwise with a right reverse roundhouse sweep (dropping opponent to back with his head toward 12 o'clock) ending in a left forward bow toward 12 o'clock).
- 7. Proceed to throw a right front kick to opponent's floating ribs and immediately hop to a left side kick to opponent's face.
- 8. Double cover out toward 6 o'clock.