

1ST BLACK BELT TEST

HORSE STANCE STRIKES X10

- FRONT
- THRUST
- PALM
- KNIFE
- HAMMER
- BACKFIST
- BACKHAND
- RIDGE
- TRIGGER
- IMORTAL MAN
- TIGER CLAW
- TIGERS MOUTH
- SPEAR
- PRAYING MANTIS
- TWO FINGER POKE
- EAGLE CLAW
- BEAR
- LEAPORD

HORSE STANCE BLOCKING X10

- 8 POINT
- 8POINT WITH COUNTER
- I/O KNIFE
- HIGH CROSS KNIFE
- LOW CROSS KNIFE
- I/O MIDDLE WITH F. PUNCH
- RIDGE
- LOW PALM
- O/I PLAM
- I/O MONKEY
- O/I PULLING MONKEY
- TRAP
- I/O PULLING MONKEY/BREAK
- FORTRESS
- PLUM TREE

STANCES WITH STEPS X4

- HALF MOON /ALL STRIKES & 8 POINT

- FRONT / ALL STRIKES & 8 POINT WITH COUNTER
- BACK / ALL STRIKES & KNIFE HAND
- CAT / ALL STRIKES & HIGH C. KNIFE
- CRANE / ALL STRIKES
- FRONT BALL / ALL STRIKES & LOW CROSS KNIFE
- SIDE / ALL STRIKES & RIDGE HAND
- TWIST / ALL STRIKES & I/O MIDDLE WITH F. PUNCH

BLOCK/STRIKE AGAINST ATTACK (FROM READY) X5

- RISING BLOCK/FRONT
- O. KNIFE BLOCK/THRUST
- O. MIDDLE BLOCK/PALM
- RISING KNIFE BLOCK/KNIFE
- O. MONKEY BLOCK/HAMMER
- I PRESSING PALM BLOCK/TWO INSIDE WRIST AGAINST WRIST GRAB (FROM SITTING)
- FINGER POKE
- LOW BLOCK/BACK FIST
- RIDGE BLOCK/ROUND HOUSE ELBOW
- I. MONKEY BLOCK/TIGER MOUTH

THROWS SITTING (X2)

- WRIST AGAINST PUNCH (I, O & F)
- ELBOW AGAINST PUNCH (I, O & F)
- SHOULDER AGAINST R. 2 HAND SHOULDER GRAB
- OUTSIDE LEG AGAINST KICK
- INSIDE LEG AGAINST KICK
- OUTSIDE WRIST AGAINST 1 HAND LAPEL GRAB
- FORWARD WRIST AGAINST FRONT SHOULDER
- OUTSIDE NECK AGAINST PUNCH
- INSIDE NECK AGAINST PUNCH

KICKING (X5)

- FRONT (F, B, C/O, S/B, J)
- SIDE (F, B, C/O, S/B, J)

- ROUND (F, B, C/O, S/B, J)
- T. BACK (G & J)
- CRESCENT (I, O, SP - G & J)
- AX (SP, G & J)
- SPIN HOOK
- STEP BEHIND HOOK
- SIDE AX
- J. FRONT, 45 SIDE, J. SPIN HOOK
- J. SIDE, 45 ROUND, J. SIDE AXE
- J. 45 ROUND, LOW ROUND, J. SPIN HOOK
- JUMP T. BACK, STEP STOOL
- CRESCENT, SIDE
- SIDE AX, SPIN HOOK

DEFENSIVE MANEUVERS X5

- 1 TO 26

RANDOM GRAB DEFENSES

5MIN.S

- ALL SINGLE ATTACKER
- 2 PERSON WRIST
- 2 PERSON 2 HAND WRIST

SELF DEFENSE 1 ATTACKER X2

- STRAIGHT KNIFE
- FOREHAND KNIFE
- BACKHAND KNIFE
- OVERHEAD KNIFE
- INSIDE CLUB
- BACKHAND CLUB
- OVERHEAD CLUB
- DYNAMIC 12
- CHINESE STEPPING X2

PRESSURE POINT/VITAL TARGET DEMO. X20

SELF DEFENSE 2 ATTACKERS

X2

- HEAD LOCK & STRAIGHT PUNCH
- NELSON & OVER HEAD

- R. SHOULDERS & HOOKING PUNCH
- R. NECK & BACKFIST
- INSIDE, BACKHAND, OVERHEAD, & THRUSTING CLUB
- BACKHAND, INSIDE, OVERHEAD, & STRAIGHT KNIFE

FORMS

- PINANS 1 TO 5
- KATAS 1 TO 6
- CRANE
- EAGLE
- WEAPONS X3

THROWS FROM BACK

- INSIDE NECK SPIN AGAINST CHOKE
- OUTSIDE NECK AGAINST PUNCH
- INSIDE LEG AGAINST KICK
- OUTSIDE LEG AGAINST KICK
- FACE LOCK AGAINST 2 HAND LAPEL
- FINGER AGAINST CHOKE
- FINGER AGAINST LAPEL

THROWS STANDING AGAINST PUNCH

- HIP (OUTSIDE)
- SHOULDER (INSIDE)
- INSIDE NECK SPIN
- OUTSIDE NECK SPIN
- STRAIGHT NECK
- STEP BEHIND
- OUTSIDE SWEEP
- INSIDE WRIST
- OUTSIDE WRIST
- FORWARD WRIST