

3RD BROWN TEST

HORSE STANCE STRIKES

- FRONT
- THRUST
- PALM
- KNIFE
- HAMMER
- TWO FINGER POKE
- BACK FIST
- ROUND HOUSE ELBOW
- POISON THUMB
- IMMORTAL MAN

STEPPING

- ALL STANCES W/STRIKES

KICKING

- 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

HORSE STANCE BLOCKS

- 8 POINT
- 8 POINT WITH COUNTERS
- KNIFE HAND
- HIGH CROSS KNIFE HAND
- LOW CROSS KNIFE HAND
- LOW PRESSING PALM
- OUTSIDE TO IN PRESSING PALM
- RIDGE HAND
- INSIDE TO OUT MONKEY HAND
- OUTSIDE TO IN MONKEY HAND
- MONKEY HAND WITH ARM BREAK
- OPEN HAND TRAP
- FORTRESS
- 8 POINT WITH OPEN HAND

DEFENSIVE MANEUVERS

- 2,3,4,5,6,7,8,9,10,11,12,13,15,16,17,18,22 26

GRAB DEFENSES

- ALL

SELF DEFENSE

- STRAIGHT KNIFE
- FOREHAND KNIFE
- BACKHAND KNIFE
- OVERHEAD KNIFE
- INSIDE CLUB
- BACKHAND CLUB
- OVERHEAD CLUB
- DYNAMIC 12
- CHINESE STEPPING X2
- GROUND CHOKE BACK
- GROUND 2 WRIST STOMACH

FORMS

- PINANS 1,2,3,4,5
- KATAS 1 & 2
- STATURE OF THE CRANE
- WEAPON

THROWS

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