

BLUE BELTTEST

Horse stance punching (X 20)

- Front
- Thrust
- Rising elbow
- Roundhouse elbow
- Uppercut
- Ridge hand
- Spear hand
- Tiger claw
- Poison thumb
- Trigger finger
- Tigers mouth
- Back hand
- Back fist

Stances with steps & hands (X 20)

- Back with 8 point & counter
- Back with knife hand
- Cat with 8 point & counter
- Front with 8 point & counter
- Front-ball with punch.
- Crane
- Twist with inside to outside M. block & R. punch.
- Side with L. block
- Side with punch

Grab defenses (X 10)

- Two hand rear shoulder
- Two hand front shoulder
- One hand rear shoulder X 2.
- Bear hug X 4
- Full Nelson
- Compound choke

Form

- Pinan 3

Horse stance blocking (X 20)

- Eight point & counter
- Knife hand
- High Cross knife hand
- Low Cross knife hand
- Ridge hand
- Middle with punch
- Low pressing palm
- I/O pressing palm
- Open hand trap
- Monkey hand I/O & O/I
- Monkey hand & arm break
- Fortress
- Open hand eight point

Kicks (X 20)

- Back leg front
- Front leg front
- Step back front
- Back leg side
- Front leg side
- Step back side
- Back leg round
- Front leg round
- Step back round
- Back
- Turn back
- Step behind hook
- Spin hook
- Jump front

Defensive maneuvers (X 10)

- 2,5, 4, 18