

GREEN TEST

Horse stance punching & blocking

- Back fist, thrust, rev. tiger claw, & uppercut.
- Knife hand block/grab, arm break, rising tiger claw, tiger's mouth, low sidekick, & knife hand.
- Knife hand block, tiger claw, trigger, backhand & praying mantis.
- Twin ridge hand block, twin trigger, twin cross knife hand & twin bear paw.

Stances with steps & hands (X 20)

- Fighting / shuffle in back fist & R. punch.
- Fighting / shuffle in knife hand & ridge hand.
- Fighting / step in punch & spin back fist.
- Fighting / crossover step back, spin back fist & R. punch.

Grab defenses (2.5 sec.)

- Random single attacker

Form

- Pinan 4

Kicks (X 20)

- Jump D. front
- Step 30 side / spin hook
- Jump side
- Side step round / side axe
- Jump round
- Spin in – out crescent
- Jump turn back

Defensive maneuvers (X 10)

- 10
- 15
- 16

Techniques

- Forehand club
- Backhand club
- Overhead club
- Overhead knife
- Backhand knife
- Forehand knife
- Stabbing knife