

Syllabus

YELLOW BELT	PURPLE BELT
STANCES • Attention • Horse (Training) • Neutral Bow • Forward Bow • Reverse Bow • One Leg (Crane) BLOCKS • Thrusting Inward • Vertical Outward • Upward • Outside Downward • Hammering Inward • Extended Outward PARRIES • Inward • Outward PUNCHES • Thrusting Straight • Snapping Straight • Thrusting Vertical • Snapping Vertical STRIKES • Back Hammerfist • Inward Handword • Outward Handword • Thrusting Heel Palm (Straight) • Inward Elbow • Outward Elbow • Back Elbow • Obscure Back Elbow • Inward Overhead Elbow • Outward Overhead Elbow FOOT MANEUVERS • Step Through • Step Drag • Drag Step	STANCES • Close Kneel • Concave BLOCKS • Universal • Cross Block - Up • Downward Horizontal Forearm • Inward Vertical Forearm • Outward Vertical Forearm PARRIES • Upward • Inward Horizontal • Outward Horizontal PUNCHES • Hook • Looping Overhead • Inverted Vertical Roundhouse STRIKES • Outward Horizontal Heel Palm • Back Stiff-Arm Lifting Heel Palm • Overhead Heel Palm • Inward Vertical Forearm FOOT MANEUVERS • Rear Crossover • Switch (Jump) • Back Foot to Front Foot Switch • Hop FINGER TECHNIQUES • Underhand Whip • Underhand Claw • Backthrust (Over Shoulder) • Back Claw (Over Shoulder) KICKS • Front Scoop • Back Scoop • Spinning Back Heel Kick • Front Chicken (Forward-Rear)

• Cover • Front Foot to Back Foot Switch FINGER TECHNIQUES • Straight Finger Thrust • Overhead Claw • Outward Whip KICKS • Front Snap - Ball • Side Snap - Knife Edge • Back Snap - Heel • Roundhouse	• Front Chicken (Rear-Forward) • Front Stomp Kick
ORANGE BELT	BLUE BELT
STANCES • 45 Degree Cat • 90 Degree Cat • Front Twist • Rear Twist • Wide Kneel BLOCKS • Push Down • Inside Downward - Palm Up • Inside Downward - Palm Down PARRIES • Outside Downward • Inside Downward PUNCHES • Vertical Thrusting Back Knuckle • Vertical Snapping Back Knuckle • Uppercut • Roundhouse STRIKES • Upward Elbow • Underhand Reverse Hammerfist • Outward Back Knuckle • Inward Horizontal Forearm • Outward Horizontal Forearm • Inward Diagonal Inner Wrist • Inward Horizontal Heel of Palm • Underhand Heel of Palm FOOT MANEUVERS	BLOCKS • Inward Elbow • Outward Elbow • Upward Elbow • Downward Elbow • Inside Downward Elbow PARRIES • Vertical Upward • Vertical Downward PUNCHES • Inward Blocking • Chopping • Stiff-Arm Lifting Back Knuckle STRIKES • Flapping Elbow • Obscure Vertical Elbow • Outward Diagonal Reverse Handsword FOOT MANEUVERS • Pull Drag • Jump • Leap FINGER TECHNIQUES • Upward Claw • Back Whip (Over Shoulder) • Back Whip (Below the Waist) • Inward Horizontal Slice • Outward Horizontal Slice

- Push Drag
- Front Crossover

FINGER TECHNIQUES

- Vertical Finger Thrust
- Upward Finger Thrust
- Overhead Whip

KICKS

- Front Thrust
- Side Thrust
- Back Thrust
- Shovel

KICKS

- Side Stomp Kick
- Back Stomp Kick
- Front Cross Stomp Kick
- Rear Cross Stomp Kick
- Hook Kick
- Thrusting Sweep
- Front Roundhouse Sweep
- Reverse Roundhouse Sweep

OPTIONAL SKILLS

STANCES

- Side Horse
- Reverse Neutral Bow
- Reverse Wide Kneel
- Reverse Close Kneel
- Diamond (Convex)

KICKS

- Inward Crescent
- Outward Crescent
- Spinning Crescent
- Side Chicken
- Back Chicken

FALLING MANEUVERS

- Front Fall
- Back Fall
- Side Fall
- Rolling Falls (Front & Back)