

Brown Belt Requirements

TECHNIQUES:

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| 1. THRUSTING LIMB | 14. BENDING THE LIMB |
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FORMS & SETS:

1. Silk wind
2. Tiger (ceremonial bow different)
3. MASS ATTACK
4. Attack From the Pagoda – Knife Hands
5. BOOK SET

1. THRUSTING LIMB – YOUR RIGHT FRONT SNAP KICK IS GRABBED

With your hands in guard position, your snap kick is caught by your opponent. Draw your knee back to your chest slightly and then execute a right thrust kick into the stomach with the ball of your foot to drive the opponent away and release the grab. Cover out.

2. STONE WARRIOR (A, B) – TWO MAN FLANK SHOULDER GRABS

Step your left foot to 9 o'clock into horse as you execute vertical outward blocks to both of your attackers' arms followed by double back knuckles snap out striking both men in the face.

- A. Pivot clockwise 90 degrees to face 3 o'clock as you execute a right claw to your right side attacker's face simultaneous with a left claw to your left side attacker's groin. Pivot 180 degrees counterclockwise to face 9 o'clock as you execute a right claw to your left side attacker's face simultaneous with a left claw to your right side attacker's groin. Cover out.
- B. Pivot 180 degrees counterclockwise to face 9 o'clock as you execute a right claw to your left side attacker's face simultaneous with a left claw to your right side attacker's groin. Pivot 180 degrees to face 3 o'clock as you execute a right claw back to your left side attacker's groin simultaneous with a left claw to your right side attacker's face. Cover out.

3. REVERSING WIND – RIGHT PUNCH

Step your left foot to 11 o'clock as you execute a left inward parry to the outside of your attacker's right punch as you execute a right fist strike to the inside of your attacker's right biceps. Execute a right back-fist to your attacker's head. Execute a right clockwise chop to the right side of your attacker's neck as your wrist hooks around the back of your attacker's neck. Shift your right foot clockwise to 9 o'clock. Pivot clockwise to face 6 o'clock as you execute a left chop behind your attacker's neck with a right front kick to your attacker's ribs. Cover out.

4. TWISTING STAVES – TWO MAN, FLANK WRIST GRABS

Pivot clockwise to face your attacker at 9 o'clock as you execute a right uppercut and left backward uppercut breaking their grab. Pivot clockwise to face 3 o'clock as you execute a right clockwise back-fist swing to the head of your attacker. Execute a left clockwise swing to your attacker's head at 3 o'clock. Pivot your body counterclockwise to face 9 o'clock as you execute a left counterclockwise back-fist swing to your attacker's head at 9 o'clock. Execute a right counterclockwise swing to your attacker's head at 9 o'clock. Cover out.

5. GUIDING THE STAFF – RIGHT PUNCH WITH YOUR BACK NEAR WALL

Step your left foot to 11 o'clock as you execute a right deflecting block to the outside of your attacker's right arm. Pivot your body to face 3 o'clock as your right hand grabs your attacker's right wrist and your left arm grabs your attacker's right forearm. Drive your attacker's right punch into the wall at 6 o'clock. Step your right foot to 10:30 past your attacker's right leg as you execute a right inward elbow through your attacker's head or ribs. Cover out.

6. THE CYCLONE – LEFT STEP THROUGH PUNCH

Step your right foot to 1:30 as you execute a right inward parry to the outside of attacker's left punch. Shuffle forward as you execute a left back-fist to the outside of your attacker's punch with a right hammer-fist to your attacker's groin. Have your left foot cross behind your right to 1:30 as you execute a left two-finger rake across your attacker's eyes. (Right arm cocked at right side of your head). Pivot counterclockwise to face 7:30 as you execute a right chop to your attacker's neck. Have your left hand brace your attacker's right shoulder as your right hand grabs your attacker's chin from the left side of their head. Break neck while executing a right scoop kick to groin. Execute a right side thrust kick to the back of your attacker's knee as you execute a right chop to mastoid. Cover out.

7. DOUBLE SPEAR (A, B, C, D) – LEFT PUNCH

Step right to 1:30 while executing a right inward block. Execute a simultaneous right elbow to ribs and left hand spear to eyes. Continue with one of the following variations and then cover out.

- A. Left foot swings around to 1:30 as right forearm smash to ribs. Follow with right knife edge to back of his left knee.
- B. Left foot swings around to 1:30 as right forearm smash to ribs followed immediately with right back fist through ribs. Finish with right descending chop to mastoid
- C. Left hand grabs his left wrist and pulls in as right heel palm through mastoids. Follow with right snapping back knuckle to face.
- D. Same as C except transplant right snapping elbow point for back knuckle in C.

8. THE ESCAPE – RIGHT ROUNDHOUSE PUNCH

Small forward step with left foot while executing a left extended outward block. Right leg steps in between his legs as right raking inward through nose blocking his arm at bicep nerve (this is all one smooth motion). Right hand slides downward on arm, grabs wrist as left foot swings back 180 between legs. Body pivots into left elbow to solar plexus followed by left claw to groin and rip out. Cover out.

9. WHIRLING THORN – OVERHEAD KNIFE

Step up left to 10:30 into horse, bring both hands up from the left and execute downward smothering block. Hooking attacker's wrist with both hands direct the knife thrust into thigh or groin as you turn hard bow to the left. Execute a right vertical elbow jaw, right tiger claw to the eyes, while left hand keeps the knife pinned. Cover out.

10. THE WEDGE – TWO HAND CHOKE FROM THE FRONT

Step your right foot to 12:00 as you clasp both hands together to form the wedge (left on top of right) and drive both arms up against the choke to break is loose. Continue with one of the following variations and then cover out.

- A. Use the wedge to strike down with a right back-fist to the bridge of your attacker's nose. Execute a right half-fist to your attacker's throat.
- B. Grab your attacker's right wrist with your left hand. Pivot 90 degrees to 9 o'clock as you pull down on your attacker's right arm and execute a right upward elbow to your attacker's chin.
- C. Grab your attacker's right wrist with your left hand and your attacker's left wrist with your right hand. Pivot counterclockwise 135 degrees to 7:30 as you cross your attacker's arms. Pull down with both arms over your right shoulder to break followed by throwing your attacker over your right shoulder to 7:30.

11. SLASHING COUGAR (A, B) – RIGHT PUNCH FROM FRONT

- A. *(For a right boxers punch)* Step up right horse, right inward block, left open hand cover face, turn soft bow to the right, double four finger eye rakes from the left to the right, turn to a horse, right head smash, outside knee buckle with the right leg to the opponent's left leg, turn soft bow to the left, right hammer-fist to the groin, cross out.
- B. *(For a step through right punch)* Step up right horse, right inward block, left open hand cover face, turn soft bow to the right, double four finger eye rakes from the left to the right, turn to a horse, right head smash, right knee buckle to the opponent's right leg, right scoop kick groin, set back fighting stance.

12. DROPPING THE STAFF – OVERHEAD CLUB

Step up left hard bow to 10:30 as windmill guard (left open hand parry to the wrist of the club hand, right kung fu wrist hook) stops club with the right extended outward. Right thrust kick to the ribs and plant right foot into horse next to attacker's right foot. Swing the arm down into opponent's shin and through to your left open hand, transferring his wrist to your left hand. Left hand pulls the opponent into a right side elbow to the head. Cover out.

13. TWISTING KNEE – FLANK SHOULDER GRABS, EACH WITH ONE HAND

Take a small step with your right foot to 2:30 as you execute a right chop to your right attacker's throat and a left eagle claw to the face of your left attacker. Pivot on left leg 180 to face left attacker while executing a right chop to his mastoid. Grabbing his neck, pull him into a right knee to his solar plexus. Cover out.

14. BENDING THE LIMB – RIGHT GRAB TO LEFT WRIST

Have your right hand counter-grab your attacker's right hand from under your left arm. Step your right foot back to 6 o'clock into reverse bow pulling your attacker in. Execute a left elbow to your attacker's ribs as you pivot into a side horse stance. Shoot your right fingers into your attacker's eyes as you pivot into a right hard bow. Cover out.

15. DOUBLE ASP (A, B, C, D) – LEFT, RIGHT PUNCH COMBINATION

Step up right horse, right extended outward block, left covers the ribs, right inward block, left covers the face. Continue with one of the following variations and then cover out.

- A. Hook opponent's right wrist with your right and sweep the arm down and circle into a right elbow smash to jaw.
- B. Shuffle in right horse stance, right elbow chest as left hand-spear to eyes.
- C. Right hook wrist and sweep the hand past your right hip, turn hard bow to the right, left reverse punch to the face.
- D. Right hook to the punch and sweep past the right hip, turn soft bow to the right, left elbow to the head.

16. ORIENTAL LEVER – LEFT, RIGHT PUNCH COMBINATION

Step up left horse between attacker's legs while executing a left inward block, right cover face. Turn hard bow to the left and execute a simultaneous left outward eye rake (cobra style) blocking his right punch and right punch to solar plexus. Rotate right into horse and pull opponent into a left web hand to the throat using your right arm to pull on the opponent's left shoulder. Left C step around attacker's left leg, turn hard bow to the right, throw the opponent down. Cover out.

17. PARTING THE REEDS – TWO HAND PUSH FROM FRONT

Step back right hard bow, double knife hand outward blocks, grab the wrists. Follow with a right front snap kick to the opponent's groin as you set in with the right foot to a horse stance between attacker's legs. Right hand does clockwise half-circle under left while left circles to touch your right shoulder (his wrists are still captured). This pivots his body around 180 degree. Pivot left into forward bow towards 6:00 while throwing attacker down. Cover out.

18. COVERING TALON (A, B, C) – TWO HAND LAPEL GRAB HIGH

Pin both hands to the chest with the left hand, step back left horse, pull the opponent down by driving the right arm against the bend of the opponent's elbows. Continue with one of the following variations and then cover out.

- A. right elbow to the face.
- B. left four finger eye shot, right back-fist to the jaw. (*Drive through with the back-fist*).
- C. right back-fist through the jaw, right tiger claw rake to the face.

19. THE VICE – RIGHT PUNCH

Execute simultaneous right inward block, left cover, and right snap kick to groin. Plant your right foot forward between attacker's legs as double hand swords sandwiches attacker's neck. Follow with double rake to eyes. Cover out.

20. CHINESE PINCHERS (A, B) – RIGHT PUNCH

Complete one of the following variations and then cover out.

- A. Cross right foot over the left to 10:30 while executing a left parry to the punch as the right arm covers the groin. Step up left to 11:00 into horse as right arm circles upward block to punch and then down to claw the groin. Left grabs opponent's right shoulder, right inverted punch to the ribs as the left foot sweeps the opponent's right leg.
- B. (Continue from where A finishes) The sweep fails to knock the opponent down. Continue through with the leg sweep motion of the left, set the leg down, turn and right rear kick to the ribs.

21. TURNING THE HANDLE – LEFT STEP THROUGH PUNCH

Step up right to 1:30 into a horse stance and execute a right inward block as left covers the face. Do double open hand sweep to the punching arm. Drive the arm down as your right foot sweeps behind the left leg in a right to left motion. Drop your left leg back behind the right into a dancer step. The act of sweeping the leg and arm force the opponent to the floor as you strike straight down with a double back-fist, right to solar plexus and left to groin.

22. SNAPPING THE ROD – LEFT STEP THROUGH PUNCH

(Looks exactly like Turning the Handle with one additional move.) As right foot attempts sweep, the sweep fails and the back knuckles (though they are done) are ineffective. Finish with left stomp to attacker's left ankle.

23. CROSSING HOOKS – RIGHT PUNCH

Step left foot to 10:30 while right outward parry hooks wrist. Execute a left heel palm to attacker's elbow, breaking it. Circle left hand over his arm then under it in clockwise motion and grabbing shoulder blade from behind (as in Wing Break). Pivot right into bow stance to right rear, throwing him. On option is to execute a right claw to face as attacker is being thrown. Cover out.

24. TURNING THE BLADE (A, B) – GUN/KNIFE ATTACK FROM REAR

- A. (*The opponent has a gun/knife in your lower back*) Using independent motion sweep the knife/gun with the right arm, as you turn to a soft bow to the right, the right arm is held at a 45 degree angle to the ground to prevent the knife from sliding back into you. Adjust the left foot over to a soft bow for balance, do a left four finger eye-shot.
- B. (*The opponent has a gun/knife in your upper back*) Using independent motion with a right ridge hand held at a 45-degree angle to the sky, pivot right and slap the attacking hand away. Adjust the left foot over to a soft bow for balance, facing attacker, do a left four finger eye-shot.

25. CROUCHING TIGER – PUSH FROM BEHIND, ATTACKER FOLLOWS YOU AS YOU ROLL

Fall forward using the push for momentum, do a right side shoulder roll, ending in kneeling stance, right knee up, left knee down, facing your attacker. Do a right side fist to the attacker's groin as he rushes in, your left hand is open and covering your face. Raise up to a soft bow, left back-fist to the temple as you drive the strike through for power. Cover out.

26. BREAKING THE STAVES – REAR BEAR HUG, ARMS PINNED, LOOSE GRIP

Step to the right horse stance, left hammer-fist groin, turn hard bow to the right, right elbow ribs as the left open hand covers the face. Step right foot to 10:00, pivoting left into a hard bow facing the opposite direction with left back-fist to face as you step around. Right palm to the jaw as the left open hand retracts to cover the face. Right snap kick groin with simultaneous left punch to the face and the right hand retracts to cover the center line. Cover out.

Mass Attack

Execute extended formal bow and upon finishing move your arms into chambered position.

1. Step your right foot to 3 o'clock using a clockwise circle to get it there. (You are now in a narrow horse stance)
2. Step your left foot to 9 o'clock using a counterclockwise circle to get it there. (You are now in a deep horse stance.) Note: The purpose for the sweeping steps is to get your loose pant legs out of the way, or how the student wearing hakama pants would. Step your right foot back to your left executing claws to 12 o'clock and a claw to each side. Return to an attention stance.

Set I: Flowing Hands (Flank Shoulder Grabs) [similar to *Falcons of Force*]

1. Step your right foot to 2 o'clock as you execute a right outward hand-sword to your attacker's throat as your left hand checks at your face.
2. Step your right foot to 10:30 as you execute a right inward rake across your attacker's eyes. Follow this with a right outward hand-sword to your attacker's throat.
3. Step your left foot to 10:30 into a right fighting stance as you execute a right inward block to check any attacker's returns.
4. Execute a right front kick followed by a left front kick and land into a left fighting stance facing 4:30.

Set II: Whirling Blades (Front and Rear Punches) [similar to *The Ram and the Eagle*]

1. Pivot into a right front twist stance as you execute a left inward block to the attacker in front at 6 o'clock and a right extended outward block to the attacker behind you at 12 o'clock.
2. Step your right foot to 4:30 as you execute a right raking fist to your 6 o'clock attacker's ribs and unwind into a left fighting stance facing 12 o'clock as you execute a left outward hand-sword to your 6 o'clock attacker's ribs. (Your left hand will check at your face.)
3. Execute a right inward block to your 12 o'clock attacker's right punch as you execute a right front kick at the same time.
4. Land forward into a soft bow as you execute a right chop to the right side of your attacker's neck.
5. Follow this with a left downward slice to your attacker's centerline as you drop into a kneel.
6. Rise back into a fighting stance as you execute a right upward elbow to your attacker's jaw.
7. Execute a right claw down onto your attacker's eyes.

Set III: Thrusting Limb / Attacking Crane (Flank Attacks)

1. Pivot to 9 o'clock. Execute a right front kick followed by a right thrust kick to your 9 o'clock attacker. Land into a left fighting stance facing 3 o'clock as you execute a left downward block.
2. Execute a left outward block as you also execute a right punch and a right front kick to your 3 o'clock attacker.

Set IV: Crossing Hammers (Left Step-Through Punch) [similar to *Shield and Sword*]

1. Land in a right fighting stance to 1:30 as you execute a left extended outward block while your right hand is cocked high.
2. Pivot into a horse stance facing your attacker at 10:30 and execute a right back-fist down onto your attacker.
3. Execute a left chop to your attacker's back.
4. Pivot into a hard forward bow as you execute a right punch through your attacker's left ribs.

Set V: Two Man Swinging Gate (Front: Grab and Rear Attacker)

1. Step your left foot back to 3 o'clock into a right fighting stance as you pin your front attacker with your left hand and a right upward break under their arm.
2. Step your right foot to 6 o'clock as your right hand pulls your attacker to that direction.
3. Execute a right back-fist to your attacker's ribs. Have your right hand go to your attacker's right shoulder and sweep down clearing your attacker's arm away.
4. Execute a right chop to your front attacker as you execute a right front kick to your rear attacker.

Set VI: Attack from the Temple B (Front Grab)

1. As you land forward to 3 o'clock into a right fighting stance, execute a right forearm strike to your attacker.
2. Step your left foot to 6 o'clock and unwind into a horse stance facing 9 o'clock as you execute a right elbow to make them follow.
3. Execute a right hammer-fist to your attacker's groin.
4. Drop both hands down.

Set VII: Sweeping Branches (Flank Shoulder Grabs) [similar to *Snakes of Wisdom*]

1. Step your right foot back to 3 o'clock into a hard bow as you do double wrap-arounds to your attackers' arms.
2. Step your right foot forward to 9 o'clock into a hard bow as you do double uppercuts to break your attackers' arms.
3. Do double back-fists to your attacker's shins. Slide down and grab your attacker's ankles, sweeping backwards as you step your right foot backwards.
4. Continue to circle your arms catching the back of your attackers' heads. Pull them into a right knee strike to your their faces.
5. Step your right foot out into a horse stance facing 9 o'clock.

Set VIII: Knee Sweep (Flank Shoulder Grabs) [similar to *Courting the Tiger*]

1. Step your right foot behind your left to set your attackers off balance. (Front one at 12 o'clock, rear at 6 o'clock.)
2. Execute a right front kick to your front attacker's knee and land with your right foot now in front of your left.
3. Execute a left lifting knee to the back of your rear attacker's right knee. Execute a left sidekick to take out your rear attacker's left knee.

Set IX: Kung Fu Wrist (Flank Attacks)

1. Step your right foot behind your left.
2. Execute a right front kick to your front attacker. Pivot into a right fighting stance to 4:30 as you counter-grab with your left hand and execute a right forearm strike to your rear attacker's arm. (Much like Crossing Talon).
3. Execute a right outward elbow followed by an inward overhead elbow.

Set X: Stone Warrior (Flank Attacks)

1. Pivot into a horse stance facing 12 o'clock as you execute dual inward blocks to your side.
2. Execute double vertical back-fists into your attacker's face.
3. Pivot into a left hard bow facing 9 o'clock as you execute a right overhead claw to your left attacker and a right underhand claw to your right attacker.
4. Pivot into a right hard bow facing 3 o'clock as you execute a right overhead claw to your right attacker and a left underhand claw to your left attacker.

Closing

1. After last move, pivot left into a horse stance.
2. Step left to right into attention stance while executing claw to each side.
3. Finish with extended formal bow.

Book Set

Execute formal bow and upon finishing move your arms into chambered position.

1. Execute a left inverted hand-spear to eye; turn hand over and circle upward above head.
2. Circle hand back to eye level, turning hand over so the palm faces the ground.
3. Execute a left outward chop across face.
4. Execute a right inverted hand-spear to eye with left arm executing a rear elbow strike. Turn right hand over and circle upward above head.
5. Circle hand back to eye level, turning hand over so the palm faces the ground.
6. Execute a left straight punch with a right rear elbow strike.
7. Execute a right straight punch with a left rear elbow strike
8. 3 steps out into horse stance (toes out, heels out, toes out) chambering arms.
9. Rotate left into bow stance facing 9:00 with simultaneous left outward block. Follow with a right straight punch.
10. Step right foot through to 9:00 while executing a right outward block. Follow with a left straight punch.
11. Step left foot through to 9:00 while executing a left outward block. Follow with a right straight punch.
12. Pivot right 180 degrees to face 3:00 in a bow stance while executing simultaneous right outward block. Follow with a left straight punch.
13. Step left foot through to 3:00 while executing a left outward block. Follow with a right straight punch.
14. Step right foot through to 3:00 while executing a right outward block. Follow with a left straight punch.
15. Rotate left into horse stance facing 12:00 with arms in chamber. Execute a right straight punch.
16. Step up into a bow stance with left foot; execute a left vertical punch and right rear elbow strike.
17. Step up into a horse stance with right foot; execute a right straight punch and left rear elbow strike.
18. Step up into a bow stance with left foot; execute a left vertical punch and right rear elbow strike.
19. Step up into a horse stance with right foot; execute a right straight punch and left rear elbow strike.
20. Step back with right foot into a bow stance; execute a left vertical punch and right rear elbow strike.
21. Step back with left foot into a horse stance; execute a right straight punch and left rear elbow strike.
22. Step back with right foot into a bow stance; execute a left vertical punch and right rear elbow strike.
23. Step back with left foot into a horse stance; execute a right straight punch and left rear elbow strike.

24. Step up with right foot into horse stance (facing 9:00)
25. Circle arms and bring together in front of own groin, left hand open, right hand fist.
26. Step up with left foot into horse stance (facing 12:00)
27. Execute a right palm-strike to the eye, and back to shoulder.
28. Step back with left foot into horse stance (facing 9:00)
29. Circle arms and bring together in front of own groin, left hand open, right hand fist.
30. Step back with right foot into a horse stance (facing 12:00)
31. Execute a right palm-strike to the eye, and back to shoulder.

32. Step forward with your left foot into a left forward bow as you execute a left upward block and right half-fist uppercut.
33. Step forward with your right foot into a right forward bow as you execute a right upward block and left half-fist uppercut.
34. Step forward with your left foot into a left forward bow as you execute a left upward block and right half-fist uppercut.
35. Step back with your left foot into a right forward bow as you execute a left downward block.
36. Step back with your right foot into a left forward bow as you execute a right downward block.
37. Step back with your left foot into a right forward bow as you execute a left downward block.

38. Shift into a soft bow, facing 9:00, as you execute a right rear hammer-fist to the groin.
39. Shift into a soft bow, facing 3:00, as you execute a left rear hammer-fist to the rear groin.
40. Step forward with left into a horse stance facing 3:00 as you execute a right back-fist, and a left-hook to attacker's face.
41. Execute a left tiger-claw, and a right tiger-claw to attacker's eyes.

42. Swing right leg in front of left into a cross-step as you swing arms into a "tiger."
43. Untwist from cross stance by spinning to your left and end in a horse stance facing 10:30.
44. Execute a left upward block, right rear elbow strike.
45. Execute a right straight punch; left straight punch.
46. Step back with right into a horse stance facing 12:00.
47. Execute a right straight punch; left straight punch; right straight punch.

48. Step left foot back and stand up with feet together.
49. Counter-grab with right hand (attacker has grabbed your right wrist)
50. Execute a left straight punch to their face with simultaneous right front kick to the groin. Bring right foot back to a ready stance.
51. Step forward with your left foot into a left forward bow and execute a right straight punch to the solar plexus and a left rear elbow strike.

Step back with left foot, with feet together.
Execute a formal bow.