

Blue Belt Requirements

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1. **KNEE SWEEP – TWO MAN, FLANK, WRIST GRAB**
(Each opponent grabs one wrist from the sides). Right counter grab opponents wrist while stepping your right foot behind your left to 8 o'clock as your left hand anchors against your attacker on your left and you pull your right side attacker with your right hand. Execute a right side thrust kick to your right side attacker's knee. Step your right foot behind your left side attacker's right leg. Drive your left knee up under your attacker's right thigh. Execute a left thrust kick to your attacker's left knee. Cover out.
2. **SLEEPER – RIGHT STEP THROUGH PUNCH**
Step up left to 10:30 while executing a left inward block to the outside of the opponent's right punch, cocking right arm to side. Turn hard bow to left, right ridge hand to the neck, left grabs the right hand behind the opponent's head, step right leg through on the right side of the right leg, apply pressure to sleeper hold. Sweep left foot back to 6:00, turn hard bow to left, throw the opponent down, drop right knee to chest, right side fist to face. Cover out.
3. **THUNDERING HAMMERS – RIGHT PUNCH**
Step up left to 10:00 with simultaneous left inward block. Turn hard bow to left, right inner forearm across abdomen. Immediately follow this with a downward right wrist check to back of opponent's neck. Turn right to horse, left hammer fist to opponent's kidney. Move right foot to 7:00 while sliding left hand up to check back of neck and follow with a right hammer fist to back of head. Finish with right upward claw to eyes. Cover out.
4. **FIVE SWORDS – RIGHT ROUNDHOUSE PUNCH**
Step up right foot to 12:00 into a horse stance while executing double knife hand block to opponent's forearm and biceps. Turn soft bow to right while executing a right chop to neck followed by a left palm strike to right side of face. Turn hard bow to left while executing a right spear hand to solar plexus, cocking left hand above right shoulder. Turn back soft bow to left and finish with a left chop to left side of neck followed by a right chop (palm up) to same side of neck. Cover out.
5. **UNCOVERING THE FLAME – GUN ATTACK**
Forward right to 12:00 into horse stance with simultaneous left reverse chop to barrel and right grabs barrel. Follow with a left four-finger poke to eyes. Step back right with simultaneous clockwise circle with right hand ripping gun from opponent. Cover out pointing gun at opponent.
6. **U PUNCH – TWO HAND FRONT CHOKE**
Step up right foot to 12:00 as you drive a right inverted punch into the opponent's groin as you drive a left reverse punch into the opponent's face. Draw the right leg back to the left into a cat stance as you drive a left smother block down against the opponent's arms. Simultaneously drive a right front snap kick to the opponent's groin and a right inverted spear hand to the opponent's throat. Cover out.
7. **LEAP OF DEATH – RIGHT STEP THROUGH PUNCH**
Step up left to 11:00, left open hand parry, right kung fu wrist hook to the right hand. Turn right to horse stance, left inverted palm break elbow, left arm cocks under right shoulder, then left back fist to solar plexus. Left palm pressure to elbow to force opponent down on ground, turn hard bow to right, jump and heels of feet strike kidneys followed by heel of hands strike to mastoids. Pull head back into knees and spin neck clockwise followed by a right chop to bridge of nose and then a left knee drop to spine. Hop to right side of opponent's body and execute a right downward heel kick to temple. Cover out.

8. TWO HEADED SERPENT – TWO HANDED CHOKE FROM THE FRONT

Step up right foot to 12:00, left reverse punch face, right inverted punch groin (*U punch*). Readjust right foot to 2:00 and while turning hard bow to the right execute a right inward sweep followed by a left outward block to knock the opponent's arms away. Finish with a left two-finger eye poke, turn left to horse, right straight punch to ribs, left cover centerline. Cover out.

9. DOUBLE BLADES – RIGHT SIDE CLUB

Step up right to 12:00 with simultaneous left parallel chop to wrist and right parallel chop to bicep. Grasp opponent's right wrist with left hand and execute a right chop to throat. As you pivot left to left neutral bow, slide right hand to opponents right hand making triangle on back of hand with your thumbs. Pivot on left foot moving right foot back to 6:00 while holding opponents wrist ending with arm in downward wrist-lock position. Right snap kick to chest and disarm. Cover out.

10. CLAWING PANTHER – RIGHT PUNCH

Step up left to 11:00, bring arms up from left to right with thumbs touching, double kung fu wrist hooks to the outside of the right punch (*panther block*). Turn hard bow to left, right ridge hand to throat, step right foot behind opponent, circle right arm backward and drive elbow to sternum, right tiger claw eyes, follow opponent to floor, right knife edge to head. Cover out.

11. PARTING THE WAVES – RIGHT STEP THROUGH PUNCH

Step to left horse stance, left inward rake to ribs simultaneously as right back fist to floating ribs. Readjust right foot between opponent's legs and next to their right leg while executing a right elbow to ribs. Follow this with a right scoop kick to groin stepping back to rear horse. Cover out.

12. THREE WINDS CLAW – LEFT, RIGHT PUNCH COMBINATION

While stepping back right, execute a right windmill block to opponent's left punch. Follow with left downward open hand sweep (*sweeping smother block*) to opponent's right punch. Execute one of the following variations and then cover out.

Variations

1. Right claw
2. Right heel and claw to bridge of nose, half-fist to throat
3. Right heel, claw to face, palm to sternum, half-fist to throat
4. Right heel to nose, heel to jaw
5. Right heel to face, heel to jaw, finger strike eyes

13. ROCKER – RIGHT PUSH TO RIGHT SHOULDER

Step left foot to 10:30 as right hand pins opponent's right hand to your shoulder. Left forearm to break right outer elbow. Step left to 3:00 in front of opponent into horse while left forearm forces opponent downward and right hand holds opponent's right wrist. Turn left soft bow as you execute left elbow to temple followed by left downward elbow to spine. Cover out.

14. THE PHOENIX – RIGHT GRAB TO LEFT LAPEL

Hop left into crane while pinning opponent's right hand with your left hand. Right vertical outward to break back of opponents right elbow followed by a right thrust kick to right knee and a right back knuckle to kidney. Cover out.

15. THE THISTLE – LEFT HEADLOCK

Place your left hand in front of inside knee and drive a right eagle's beak (middle knuckle fist) into nerve behind knee. Cover out.

16. SWINGING GATE – TWO HAND LAPEL GRAB

Pin both hands with the left, step back left horse, right upward break to the elbows. Left foot to 4:30 behind the right while left hand sweeps the arms off the chest as you right back fist to the solar plexus. Step left to 3:00 as you execute a right elbow to kidney. Cover out.

17. CHINESE THUMB SCREW – RIGHT GRAB TO YOUR RIGHT WRIST

Step up left to 11:00, your left hand grabs to the outside of the opponent's right hand with your thumb on the back of his hand. With your left hand roll the right wrist free between thumb and finger while counter grabbing with your right hand. Step left foot to 4:30, keeping opponent's right hand low near your waist as you put pressure on their wrist and turn wrist in counterclockwise direction throwing them to ground. Right forearm breaks wrist as you throw opponent to ground. Cover out.

18. HIDDEN FIST – LEFT HAND GRAB TO RIGHT SHOULDER

Left hand pin to opponent's grab, step up right hard bow, right chop throat, step back right hard bow, right wrap around to the left arm, step up right hard bow, break arm, step up left foot to 11:30 to a horse stance, cat right foot to left, right whipping backfist to base of skull, independent motion right backfist face as left inverted punch to solar plexus (*hidden fist*), set right foot forward soft bow. Cover out.

19. LEVELING THE CLOUDS – LEFT PUNCH

Right foot steps to 2 o'clock into a hard bow as you right parry followed by a left outward knife hand block and counter grab the wrist. Pivot into a left hard bow as you deliver a right raking claw to the eyes. Reverse into a right hard bow delivering a right kung fu back fist to the jaw. Reverse back to a left hard bow as you deliver a right inverted palm strike to the opponents elbow. Cover out.

20. SILK WIND – DOUBLE INNER ARM LOCK FROM BEHIND

Left thumb presses nerves in left hip as right hand claw to groin. Right arm rips up hitting jaw with right elbow as left stomp to the left foot. Immediately followed by right scooping heel kick to groin, left pins arm, step right around 180 degrees to horse stance, left dancer behind right, left counter grab opponent's left arm, turn hard bow to left, right forearm slam break against elbow. Cover out.

21. CIRCLING THE SUN – RIGHT, LEFT COMBINATION PUNCH

Step back left horse stance, left kung fu wrist hook to first punch, cat right foot back to left, right kung fu wrist hook 2nd punch, left cover ribs, step right foot toward the opponent into a horse stance and finish with one of the following variations and then cover out.

Variations

1. right finger spear to eye
2. right straight side fist punch to face
3. right cork-screw punch to temple

22. THREE WINDS FIST – LEFT, RIGHT PUNCH COMBINATION

Right windmill to left punch while stepping back right foot soft bow, immediately followed by left windmill to right punch, step forward right horse stance and finish with one of the following variations and then cover out.

Variations

1. Four knuckle rake
2. Four knuckle rack, hammerfist groin
3. Back knuckle
4. Back knuckle, hammerfist to groin
5. Hammerfist to temple

23. KUNG FU WRIST – TWO MAN, FLANK, WRIST GRAB

(Opponent on left grabs with two hands) Right counter grab to opponent on right side, left foot crosses in front of right and pull opponent into a right snap kick to the ribs. Circle body around 180 degrees counterclockwise while left hand holds wrists into your body. Execute a right vertical elbow break to back of opponent's elbow. Cover out.

24. RETREATING PHOENIX – LEFT CHEST GRAB, RIGHT PUNCH

Drive a right front snap kick straight ahead into the opponent's groin as you do a right inward block to the inside of the opponent's right punching arm *(Your left hand will cover your stomach at the same time)*. Set the right leg back to 6:00 from the kick into a horse stance as you drive a left elbow into the top of the opponent's left grabbing hand. Turn to a hard bow facing 12:00 as you drive a right half fist into the opponent's throat. Cover out.

25. PLUCKING A BIRD FROM THE SKY – RIGHT STEP THROUGH PUNCH

Step up left to 10:30, right cat to the left, left open hand parry to the punch, right hand covers low. Step right to 1:30 into horse stance, right palm jaw. Grab shoulders with both hands, left foot sweeps back to 4:30 and throw opponent down on face. Finish with a right front kick raking ribs followed by right heel stomp to spine. Cover out.

26. GUARDING THE WALL – RIGHT PUNCH

Step left to 10:30 while executing a left inward block with a simultaneous right eagle's beak rake to right cage followed by a right back knuckle to floating rib. Step forward right between legs while executing a left four-finger poke to eyes and a right ridge hand to groin. Cover out.

27. SPEAR OF JADE (A, B) – COMBINATION LEFT, RIGHT PUNCH

Step up right foot to 2:00 while executing a right sweeping inward block to first punch, followed by a left vertical outward block to second punch. Execute a left four-finger spear to eye, follow with one of the variations below and then cover out.

- A. Right punch to ribs.
- B. Left snap kick followed with a right punch to ribs.

28. MISSING THE LEAP – RIGHT PUNCH

Step up left to 11:00, left open hand parry, right covers center line, right kung fu wrist hook to punch. Turn right into horse while executing a left inverted palm break to elbow following through to cock left fist under right shoulder. Follow up with a left back fist to solar plexus and then turn soft bow to left and execute a right hammer fist to the back of the neck and a right wheel kick to the solar plexus. Cover out.

29. SLEEVES OF CHINA – RIGHT PUNCH FROM THE RIGHT SIDE

Step up right to 2:00, cocking right hand over your head with left open hand parry. Immediately follow with right back knuckle to kidney, right C step and shuffle in right horse stance with simultaneous right elbow to ribs and left four finger poke to eyes. Cover out.

30. MONKEY ELBOW – RIGHT STEP THROUGH PUNCH FROM RIGHT SIDE

Small step right to 2:00 with right outward block to punch as left hand covers low. Circle right arm up as you do a right C step, shuffle in right horse stance, sweep opponent's arm down with your right elbow and right palm thrust to the jaw.

31. STRIKING ASP – TWO HAND LAPEL GRAB HIGH, PULLING IN

Pin attacker's hands with your left hand and step up right horse stance between attacker's legs with simultaneous right eagle beak to solar plexus. Circle right arm around counterclockwise and execute a right four-knuckle rake to nose followed by a right chop to throat. Cover out.

32. SHOOTING STAR – HANDSHAKE

Hop left to 10:30 into crane stance. Execute a right thrust kick to the attacker's right knee, set in right horse stance. Wrap opponent's right arm, counterclockwise around the neck. Turn hard bow to the right, left palm to kidney as you pull the arm tight around the neck. Finish with a right side fist to the base of skull, right defensive wheel kick to the face. Cover out.

33. GRASPING TALON – LEFT GRAB TO RIGHT WRIST

Small step up right to 1:30, tuck left arm into your armpit, turn hard bow to right, left outward block against opponent's left arm to break while cocking right hand to side. Turn left to horse, right punch to ribs as left covers centerline. Cover out.

34. CIRCLES OF GLASS – COMBINATION LEFT, RIGHT PUNCH

Step back left horse stance, right extended outward block to the left punch, right smother block to the right punch, right chop to throat, circle right arm in a figure eight, striking left temple and right upper jaw with a whipping backfist-backfist combination, step left to 3:00 with simultaneous right rib smash followed by right inverted hammer fist groin as left hand covers the face. Cover out.

35. JAPANESE HAND – RIGHT CROSS PUSH TO RIGHT SHOULDER

Step up left to 11:00, left arm circles over opponent's push, pin the arm with the left triceps, grab wrist with both hands placing your thumbs in the middle of the back of attacker's hand. Step left to 5:00, turning left into horse stance and throw the opponent down by keeping wrist low to your waist and twisting the wrist down. Finish with a right downward wheel kick to the ribs and then cover out.

36. FLASHING DAGGERS – TWO HAND PUSH

Step back right hard bow, double outward knife hand blocks, right chop to the left trap muscle, left palm to right cheek as right hand cocks by right side. Right spear hand to the solar plexus as left hand cocks across stomach palm down. Left inverted chop to the groin. Cover out.

37. FOLDING WINGS – TWO MAN FLANK SHOULDER GRABS

Step back right hard bow, both arms circle up and back around to the opponent's arms, hooking your elbows behind attacker's elbows. Step up right hard bow, double uppercut to break the arms. Slide right foot back as you execute double hammer fists to groin of both attackers. Circle arms back and around grabbing the back of attackers heads and pull them into the right knee strike. Set right leg back to a fighting stance and cover out.

38. CROSSING THE MOUNTAINS – COMBINATION RIGHT, LEFT PUNCH

Step back left horse stance, right kung fu wrist hook to the right punch, cat right foot to the left, right outward back hand slap to the left punch as the left open hand covers the ribs. Right snap kick groin as the right tiger claws the eyes.

39. DARTING SERPENT – TWO HAND PUSH

Step up right soft bow as you do double forearm wedge blocks to the opponent's arms. Do a double tiger claw rake to the eyes, circle and execute a double grab to groin ripping out. Execute double whipping back fist to kidneys and step back right to your left foot into cat. Step up right soft bow, double finger flick to eyes. Knock the arms down with double smother blocks followed in a continuous motion with double back knuckle punches to the temples, pull the face into the right knee.

Chinese Form 3

Start from an attention stance facing 12 o'clock

- 1.** With your right foot, step forward, toward 12 o'clock, into a RNB while executing a right inward block with a left hand chamber. Execute a right outward chop (hand-sword).
- 2.** With your left foot, step forward, toward 12 o'clock, into a LNB while executing a left inward block with a right hand chamber. Execute a left outward chop (hand-sword).
- 3.** Slide your left foot back, towards 3:00, into a transitional cat stance (facing 9 o'clock) while covering your right fist (on hip palm up) with your left fist (palm down). Step out to LNB facing 9 o'clock while simultaneously executing a left outward block and a right, reverse punch.
- 4.** Slide your right foot back towards 9 o'clock, into a transitional cat stance (facing 3 o'clock) while covering your left fist (on hip palm up) with your right fist (palm down). Step out to RNB facing 3 o'clock while simultaneously executing a right outward block and a left reverse punch.
- 5.** Adjust left foot, to about 5:30, turn counter clockwise into a wide kneel, facing 6 o'clock, while simultaneously executing a left upper block and a right hand hammer fist strike.
- 6.** Adjust right foot, to about 12:30, turn counter clockwise into a wide kneel, facing 12 o'clock, while simultaneously executing a right upper block and a left hand hammer fist strike.
- 7.** Slide left foot back into cat stance and turn to 4:30 while executing a right side cup & saucer.

Step out to 4:30 into a LNB while executing a left downward block and a right back elbow strike.

Step through, toward 4:30, into a RNB while executing a right Palm heel thrust with the left hand covering at your mid-section.

8. Slide right foot back into a cat stance and turn to 7:30 while executing a left side cup & saucer.

Step out towards 7:30 into a RNB while executing a right downward block and a left back elbow strike.

Step through, towards 7:30, into a LNB while executing a left palm heel thrust with your right hand covering at mid-section.

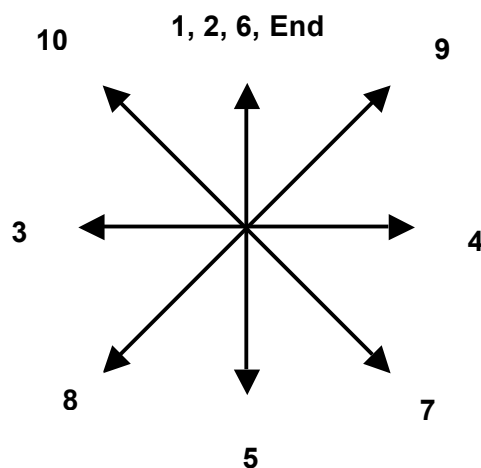
9. Slide your right foot back into a cat stance and turn clockwise to 1:30. While executing a left inward parry block, step with your left foot crossing in front of your right foot, with the right hand cocking palm up at your waist (chamber).

Step forward with your right foot into a RNB while executing a right upper block with the left hand cocked in a palm up half-fist at your left side rib cage (chamber). Shift into a RFB and execute a left half-fist punch to the hyoid (voice box) area of the throat.

10. Turn counterclockwise to 10:30. While executing a right inward parry block, step with your right foot crossing in front of your left foot, with the right hand cocking palm up at your waist (chamber). Step forward into a LNB while executing a left upper block with the right hand cocked in a palm up half-fist at your right side rib cage (chamber).

Shift into a LFB and execute a right half-fist punch to the hyoid (voice box) area of the throat.

End. Step to the right with your right foot, to return yourself to your initial (centered) starting point facing 12 o'clock, then closing Bow.



STAFF SET

Execute a formal bow with staff, ending with staff on right side and right hand gripping staff from behind.

1. Front attacker with staff and rear attacker.
 - a. Step left into narrow horse stance while beginning to spin the staff, L, R, L R
 - b. Come out of the last spin on the Right and execute a short-range grip upward block followed by a downward block.
 - c. Follow this with a short-range grip strike to attacker's left neck followed by a strike to their right neck.
 - d. Step back right to 6:00 while executing a right poking strike to attacker's solar plexus.
2. Attacker at 10:30 approaches with overhead club strike
 - a. Step right foot to 10:30 while executing a strike to attacker's left temple.
 - b. Step through left to 12:00 while simultaneously sweeping legs with left end of staff.
 - c. Follow this with a downward left end poke to attacker's face.
3. Attacker at 3:00 with roundhouse club strike
 - a. While spinning staff in front towards your right, step right to 3:00 followed by left front crossover to 3:00 and then execute simultaneous right side kick to abdomen and right end poke with staff to solar plexus. After kick, place right foot next to left foot.
4. Attacker at 9:00 with left overhead club strike
 - a. While spinning staff in front towards your left, step left to 9:00 and then right front cross-over to 9:00 and then execute simultaneous left side-kick to abdomen and left end poke with staff to solar plexus, landing in ready stance with staff at waist.
5. Attacker approaches from 6:00 hoping to surprise you from the rear.
 - a. Step left to 6:00 while executing a right hand strike to attacker's left temple.
 - b. As you step forward right spin the staff on your left, step left forward spinning on your right, and step right forward spinning on your left; ending with your right foot forward and the staff on your left side.
 - c. Follow this with a right end poke to attacker's chest at 6:00. Execute a left hand overhead strike to attacker's head while chambering left leg. As you step left to 6:00 execute a left end poke to attacker's face.
6. Attacker is approaching from 10:30 and previous attacker follows.
 - a. Shift right foot to 10:30 and while spinning towards 10:30 do a left front cross-over in same direction followed by a simultaneous right hand poke to chest and right side-kick to abdomen.
 - b. Continue with a left overhead strike to attacker's head while chambering your left leg. As you step left to 10:30 execute a left end poke to attacker's face.
 - c. Step right to 6:00 as you execute a rear right hand poke to previous attacker approaching from behind.
7. Three attackers in front, 10:00, 12:00, and 2:00. Attacker at 10:00 throws a right punch.

- a. Twirl the staff vertically from right to left and plant end of staff on ground to your left with left hand holding high on staff. This is an inward block to attacker's punch.
 - b. Execute a right side-kick to 12:00 attacker.
 - c. Follow this immediately with a right snap kick to attacker at 10:00 and simultaneous right hammer-fist to 2:00 attacker
 - d. Follow this immediately with a right rear kick to attacker at 2:00 and a right palm strike to nose of attacker at 10:00.
 - e. As you bring your right foot down, pivot left to face 6:00.
8. Attacker at 12:00 pushes you from behind towards attacker at 6:00.
 - a. Holding staff in right hand, execute a right-side dive roll coming up to left knee and right foot up.
 - b. Follow this immediately with a right side short-handed strike to attacker's knee.
 - c. As you stand up on your left foot execute a leg sweep with left end of staff knocking attacker on the ground face up.
 - d. Follow this with a downward left end poke to attacker's face.
9. Attacker approaches from 3:00 and throws a right punch.
 - a. Execute a ¼ turn left chicken-crescent kick to attacker's right punch with simultaneous right hand strike to attacker's left ear.
 - b. Step left backing up attacker and execute a left hand strike to attacker's right ear.
 - c. Step forward right while executing a right hand strike to attacker's left elbow.
 - d. Step forward left while executing a left hand strike to attacker's right elbow.

Step left back to 9:00 to face 12:00 while spinning Left, Right, Left, Right, followed by a small left step back to 6 with simultaneous right hand strike. Return to ready stance. Bow.