

# ***Green Belt Requirements***

## **TECHNIQUES:**

1. WATER WHEEL
2. TUMBLING CLOUDS
3. RISING KICK
4. CRANE KICK
5. SWEEPING SERPENT
6. SPRINGING TIGER
7. COVERING THE FLAME
8. COBRA AND THE MONGOOSE
9. CHINESE JUNK
10. STARTLED CAT
11. DANCE OF THE MONGOOSE
12. OFFER OF DUST
13. MING'S SWORD
14. CHINESE FAN
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## **FORMS & SETS**

1. CHINESE FORM 4

**1. WATER WHEEL – STEP THROUGH RIGHT PUNCH**

Step up left to 10:30, cat right foot to left as left open hand parries the punch. Step right to 1:30 into horse stance executing a right back knuckle to temple. Step up left to 12:00 behind attacker and execute double hammer fists; left fist to kidney and right fist to groin. Grab jaw with left inverted wrist hook, spin opponent around, turn hard bow to left, right side fist to temple. Cover out.

**2. TUMBLING CLOUDS – STEP THROUGH RIGHT KNIFE THRUST**

Step back right to 7:00 into horse stance as right chop to outer wrist and left heel palm strikes outer elbow. Follow immediately with a right downward chop to forearm nerve, pinning attacker's arm as left chop to throat. Cover out.

**3. RISING KICK – RIGHT STEP THROUGH PUNCH**

Step left into crane stance while executing a right extended outward block to attacker's punch. Right snap kick to armpit, right thrust kick to attacker's right knee. Cover out.

**4. CRANE KICK – RIGHT PUNCH W/LEFT FOOT FORWARD**

Hop left to 10:30 while executing a left inward block to attacker's punch. Follow this with a right snap kick to groin, right thrust kick to left inner knee, right power thrust to neck. Cover out.

**5. SWEEPING SERPENT – COMBINATION RIGHT KICK, RIGHT PUNCH**

Step to left to 10:30 soft bow stance with right sweeping down block to kick, left open hand cover face. Turn right to horse as and execute left L punch, blocking attacker's punch and punching him in the ribs. Turn soft bow to left, right drop punch to kidney, left hand cover face, right side kick to knee, set in right horse stance, right elbow smash to mastoid, turn hard bow to right as you do a right back fist and left palm to the base of the skull. Cover out.

**6. SPRINGING TIGER – STEP THROUGH RIGHT PUNCH**

Jump left to 10:30 into crane stance (*right leg up*), as left inward blocks punch and right arm covers ribs. Right side kick knee, right back fist head, set in right horse stance, right elbow to mastoid, grab jaw with the right and pin the back of the opponent's head with the left hand, break the neck as you right scoop kick to groin. Cover out.

**7. COVERING THE FLAME – GUN**

Shuffle left to 10:30 while executing right outward hand slap to the gun hand, ending in left horse stance. Without stopping grab opponent's wrist with both hands, step through right to a horse stance, force the opponent down by putting pressure on wrist. While holding gun hand execute a right stomp to the left arm pit, solar plexus and right arm pit with the heel, right knee to the chest and right four finger eye shot.

**8. COBRA AND THE MONGOOSE – RIGHT HAND KNIFE THRUST**

Step back right horse stance, left chop to radial nerve on wrist, right chop to radial nerve on the hand, left chop throat (*right hand keeps knife hand pinned*), left pin to the outside of the opponent's right arm, shuffle in left horse stance, left elbow ribs as right hand spear to eyes. Cover out.

- 9. CHINESE JUNK – TWO MAN ATTACK, MAN IN FRONT & MAN GRABS YOU FROM BEHIND**  
(1st opponent in front takes a right punch. 2nd opponent behind you) Left inward block to the right punch, right snap kick to the groin of the 1st opponent as you do a right hammer fist to the groin of the 2nd opponent, left pin to the punch, right palm jaw (1st opponent), right rear kick to the centerline (2nd opponent). Cross out right over left to a fighting stance.
- 10. STARTLED CAT – RIGHT BOXER PUNCH**  
(This move is done with no hesitation from beginning to end) Step left to 10:30, left open hand parry to punch sweeping arm down and follow with right palm to jaw as left open hand covers low. Circle right arm backward and shuffle in right C step to horse stance, right vertical elbow smash to the sternum, right tiger claw to eyes to force the opponent to the ground. Cover out.
- 11. DANCE OF THE MONGOOSE – SIDE CLUB ATTACK**  
(Club swings left to right) Step back left foot to Chinese bow (hard bow facing left), both hands come up closed in front of your face, forearms parallel. The initial swing misses, step up left to horse stance, block opponent's right arm with your left forearm to the back of opponents right elbow and your right forearm to back of opponents right wrist. Execute a right kung fu wrist hook, left palm pressure to the elbow, right dancer behind the left, turn hard bow to right, force the opponent down with the palm while breaking the arm. Cover out.
- 12. OFFER OF DUST – CLUB, POKING MOTION**  
Shuffle to left with left foot while stepping right foot back to 6:00 pivoting right into horse stance (letting club slide past your body). Right forearm strikes and pins the opponent's wrist while left forearm drives into the opponent's elbow to break the elbow. Right foot sweeps clockwise pivoting to a horse stance as you force the opponent's elbow down, drive a right knee into the opponent's right rib cage or head. Cover out.
- 13. MING'S SWORD – KNIFE W/LEFT FOOT FORWARD**  
Step back right horse stance, left chop and right back fist to the radial nerves on the wrist and hand, right hand inverts and sweeps the knife as the left covers the face, right inverted snap kick to groin, set back right to fighting stance.
- 14. CHINESE FAN – KNIFE, START W/LEFT FOOT BACK**  
Step back left horse, right brush parry followed with left hand hook to wrist as the right foot cats to the left. Right front snap kick to the groin stepping into opponent. Right eagle's beak to attacker's right bicep followed by right elbow point to solar plexus as left four finger eye shot and right knee buckle. Cover out.
- 15. LOCKING THE GATE – STEP THROUGH KNIFE ATTACK**  
Left foot sweeps to 5:00 with right inward to wrist. Follow immediately with right elbow thrust to solar plexus and left claw to groin. Finish with right thumb to eye and cover out.
- 16. WATERFALL – RIGHT PUNCH**  
Step up left to 10:30 into hard bow, double extended outward blocks (only the right arm blocks, left adds power), double kung fu wrist hook to the right hand, sweep the opponent's right arm down, your hands circle to the left and then circle overhead, turn soft bow to the right, right chop to the back of the neck followed by the left, turn hard bow to the left, right ridge hand to the face as left open hand covers the ribs.

**17. SWEEPING REEDS – SIDE CLUB STRIKING AT HEAD**

Step up right foot to 1:00 into a horse stance as you drive double open knife hand strikes into the opponent's right punching arm (left chop to inner wrist, right chop to bicep). Follow immediately with a right chop straight ahead to the opponent's throat. Follow with a left eagle's claw to groin and cover out.

**18. LEGIONS OF MING – RIGHT KICK, RIGHT PUNCH COMBINATION**

Step back left to a Chinese bow (*hard bow facing left*), right down block to the right kick, left arm is raised ready to block, turn soft bow to the right as the left foot adjusts over for balance, left inward block to the right punch. Shuffle in right horse stance, right elbow to ribs, right back fist to kidney and drive through, right ridge hand to the throat, left covers low. Cover out.

**19. FISH HOOK – RIGHT, LEFT PUNCH COMBINATION**

Step back left horse stance, right inside wrist hook to the right punch, left open hand covers ribs, right outward flip block to the left punch, continue through with right corkscrew punch to left temple. Cover out.

**20. THE DAGGER – RIGHT PUNCH**

Step forward right to 12:30 with right inward block to attacker's punch. Follow immediately with right chop to neck, right dagger elbow to solar plexus and right hammer fist to groin. Finish with a right back hand to jaw and left heel thrust to jaw. Cover out.

**21. MANTIS – LEFT STEP THROUGH PUNCH**

Step back left horse, right palm down next to groin as left open hand parry to block the punch, cat right foot to the left as left drops to cover the groin, right kung fu wrist hook, pull opponent into a right snap kick and a left four finger eye shot, set in right horse stance, right inverted spear hand to the throat, left open cover the ribs. Cover out.

**22. WHIRLING MANTIS – COMBINATION LEFT/RIGHT PUNCH**

Step your left foot to 10:30 as you pivot counterclockwise to face 10:30 as you execute a right extended outward block to your attacker's first punch. (Your left hand cocks at the left side of your head). Pivot clockwise to face 1:30 as you pull your right foot into a cat stance and execute a left inward block to your attacker's second punch. (A right eagle's beak cocks at your right shoulder). Execute a right eagle's beak strike over your left block to your attacker's right temple with a right front snap kick to your attacker's groin.

**23. SHAOLIN WARRIOR – RIGHT PUNCH**

Step left foot up to 10:30 as left open hand parry to punch. C-step your right foot behind the opponent and drive a right side fist to the ribs. Throw a right slicing backfist across the lower back followed by a right rib smash to the right side of the opponent's rib cage. Drop to the left knee, as you do a right back fist to the kidney. Drive a right palm to the solar plexus as your right leg sweeps back against the attacker's legs. Throw a left side fist straight down to the opponent's head. Cover out.

**24. SILENT ESCAPE – HAMMERLOCK**

(*Opponent pushing from behind*) Take a few steps, cross left over the right to 1:30 into a soft bow, turn horse, pull hand out against thumb under right armpit, right thumb eye shot. Cover out.

**25. DIVING HAWK – HAMMERLOCK**

Step back left in between attacker's feet while executing a left elbow strike to jaw and counter grab attacker's right wrist with your right hand. Step left forward to 1:00 pivoting clockwise to face attacker and circling their wrist clock-wise keeping pressure to bend them over. Execute a chicken kick (right, left) to attacker's chest followed by a left vertical forearm smash to elbow as you land. Cover out.

**26. CRASHING ELBOWS 2 MAN – FRONT STEP THROUGH RIGHT PUNCH, MAN BEHIND**

Step up left to 10:30 with a left inward block, step right foot through to 11:00 while executing a right elbow to the to lower rib cage. Turn hard bow to the left to face second attacker while executing a left elbow first attacker's ribs, right hand covers the face. Right snap kick to abdomen of second attacker, landing in a right bow stance with simultaneous right forearm slam to sternum. Turn soft bow to the left, right hammer fist to the groin. Cover out.

**27. STRETCHING THE BOW – RIGHT PUNCH**

Left outward block while stepping right foot back to 6:00. Right snap kick to groin as left hand grabs wrist and right hand covers. Plant right forward while pulling his right wrist in left hand and striking opponent in throat with web hand. Cover out.

**28. WHIRLING BLADES – TWO MAN ATTACK, FRONT AND BACK, RIGHT PUNCHES**

Step up left to 10:30, left inward block, right hand up ready to strike, step right through to a horse, right four knuckle rake to ribs, turn hard bow to the left, left chop ribs, the arms come up in front of the centerline, right hand closed against the left open hand in front of the face, right snap kick groin, sweep arm, set forward right soft bow, double chops to the trap, turn to horse, right vertical elbow jaw, right tiger claw to the eyes.

- Do the old scimitar on the first man followed by arching blades on the second man

**29. SEVEN SWORDS – RIGHT ROUNDHOUSE PUNCH**

Step forward right into horse stance while executing double knife hand strikes to inside of punch. Follow immediately with right chop to right side of attacker's neck, left five-finger poke to eyes. Turn right into hard bow as you execute a right hand spear to solar plexus. Step left foot behind right to 3:00 with horizontal left eagle claw to face pulling towards you. While pivoting left into horse execute a right chop to back of neck and immediate right chop to throat. Cover out.

**30. BREAKING THE YOKE – RIGHT PUNCH**

Step your right foot back to 5:30 as you execute a left extended outward block to the inside of your attacker's right punch and grab your attacker's wrist. (Chamber your right hand). Execute a right front snap kick to your attacker's groin, planting your right foot at 11:00, while executing a right web hand to his throat. Pivot left to a forward left bow stance grabbing his right hand with your right hand for added support. Raise up your stance and pull down on attacker's right hand with both hands, breaking his elbow over your right shoulder. Cover out.

**31. STRIKING MACE – RIGHT PUNCH**

Step your left foot to 10:30 as you execute a left inward parry to the outside of your attacker's right arm to trap the punch. Execute a right C-step to 12 o'clock behind attacker's right foot as you execute a right side fist to your attacker's temple. Right web hand to attacker's throat, pivot left into hard bow stance, thrust your right leg to 3:00 and throw opponent onto their back. Cover out.

**32. RAISING THE SHIELD – RIGHT KICK, RIGHT PUNCH COMBINATION**

Step your right foot back to 6:30 as you execute a right downward block to the outside of your attacker's right kick and cock your left hand in guard. As the punch comes in, pivot clockwise as you execute a left inward parry to the outside of your attacker's right punch. Execute a right clockwise fan block to the outside of your attacker's right punch. Shuffle forward as your right arm continues its clockwise motion and execute a right elbow strike to your attacker's ribs. (Left hand covers). Cover out.

**33. CHINESE COBRA – RIGHT/LEFT PUNCH COMBINATION**

Take a small left step back with right inward to right punch. Follow immediately with right outward block to attacker's left punch w/simultaneous left vertical punch to solar plexus – shuffle in and execute simultaneous right downward forearm to sternum and left upward palm heel strike to chin. Cover out.

**34. BENDING REEDS – CLUB**

Step up right horse, double knife hand block to the inner wrist and biceps, right chop throat, left grabs attacker's right wrist. Push up and out with left hand as right hand hooks the elbow pulling down and in, step back right hard bow, break the elbow. Execute a right knee to the ribs. Cover out.

**35. PRANCE OF THE TIGER – LEFT/RIGHT PUNCH COMBINATION**

Step back right foot hard bow, double outward knife hand block to inside of wrists, right downward thrust kick to groin, right tiger claw eyes, set in right horse stance, right shuffling "C" step behind opponent's right leg, circle right arm backward and drive right elbow into sternum, right downward tiger claw. Cover out.

**36. SWINGING GATE 2 MAN – TWO HAND LAPEL GRAB IN FRONT, MAN BEHIND**

Step your left foot back to 6:00 as your left hand pins both of your attacker's hands and you execute a right forearm strike up under both of your attacker's elbows. Shift your left foot counterclockwise to 3 o'clock as you execute a right back fist to your attacker's *solar plexus* (or a hammer fist to your attacker's groin). Circle your right arm counterclockwise to clear your attacker's arms. Execute a right chop to your front attacker's throat as you execute a right snap kick to your rear attacker. Cover out.

**37. CROSSING SWORDS – LEFT PUNCH**

Step your left foot in front of your right to 1:30 as you execute a double extended outward hand sword blocks to the outside of your attacker's left punch. Step your right foot to 12 o'clock and pivot counterclockwise to face 10 o'clock as you execute a right chop to the left side of your attacker's neck. (Chamber your left hand). Pivot clockwise 90 degrees as you execute a left elbow to ribs. Sweep your left foot back to 3:00 as you execute a left raking back fist to your attacker's left kidney. Finish with a right side kick to rear of either knee.

**38. CROSSING HAMMERS – STEP THROUGH LEFT PUNCH**

Step your left foot in front of your right to 1:00 as you execute double extended outward blocks. Step your right foot to 12:00 as you execute a downward right hammer fist to trapezius, while chambering your left hand in your right armpit. Follow immediately with a left chop ribs and a right slicing punch through rib cage. Cover out.

**39. REVERSING HAMMERS – STEP THROUGH LEFT PUNCH**

Cross your left foot over your right to 1:30 and execute double extended outward blocks (*the left hand does the block, the right hand is up for power*). Step up right foot to 12:00 into a horse, throw a right whipping back fist to the base of the skull, turn hard bow the right, left elbow to the ribs. (*the opponent tries to hit you with the left hand again*) Do a left outward block to the punch, turn soft bow to the left, right chop to the back of the neck. Cover out.

## *Chinese Form 4*

### **OPENING:**

1. Attention Stance
2. Extended Bow.
4. Meditate Stance.

### **FORM:**

1. Step your right foot forward into a right neutral bow as you execute a right inward block. Execute an outward hand-sword to 12 o'clock. Shift into a forward bow as you execute a left palm strike to head level. (Your right hand should be cocked at your hip.) As you shift back into a right neutral bow, execute a right inverted horizontal punch to the mid-section.
2. Step your left foot forward into a left neutral bow as you execute a left inward block. Execute a left outward hand-sword to 12 o'clock. Shift into a forward bow as you execute a right palm strike to head level. (Your left hand should be cocked at your hip.) As you shift into a right neutral bow, execute a left inverted horizontal punch to the mid-section.
3. Pull your left foot back to your right as you face 12 o'clock in a cat stance. (Your hands cocked at your right hip, left on top, right palm up.)
4. Step your left foot to 9 o'clock into a left neutral bow as you execute a left outward block and a right reverse punch. Execute a left jab. Snap it back as you execute a right reverse punch. Execute another left jab as you simultaneously execute a left knife-edge kick, landing in a left neutral bow.
5. Pull your right foot your left so you are in a cat stance facing 12 o'clock. (Your hands should be at your left hip, right on top, left palm up.)
6. Step your right foot to 3 o'clock into a right neutral bow as you execute a right outward block and a left reverse punch. Execute a right jab. Snap it back as you execute a left reverse punch. Execute a right jab simultaneous with a right knife-edge kick, landing in a right neutral bow.
7. Pull your left foot to your right into a cat stance facing 12 o'clock. (Your hands should be cocked at your right hip, left on top, right palm up.)
8. Step your left foot to 5 o'clock into a left neutral bow facing 6 o'clock as you execute a universal block (with the right hand as the inward block.)
9. Shift into a left forward bow facing 6 o'clock as you simultaneously execute a left upward block and a right back hammer-fist to the groin (to 6 o'clock).
10. Turn your upward block into a overhand claw followed by a right back-fist. Execute a left back-fist and followed by a right back-fist.
11. Pull your right foot to your left and step your right foot to 12 o'clock into a right neutral bow facing 12 o'clock as you execute a universal block (with the left hand as the inward block.)
12. Shift into a right forward bow facing 12 o'clock as you simultaneously execute a right upward block and a left back hammer-fist to the groin (to 12 o'clock).



13. Turn your upward block into an overhead claw followed by a left back-fist. Execute a right back-fist followed by a left back-fist.
14. Step your right foot to 10:30 in a left neutral bow facing 4:30 as your left back-fist drops into a left downward block. Continue this motion as you execute a left overhead looping back knuckle strike to the back of your attacker's head. Chamber your looping back-fist and pivot into a left forward bow as you execute a right reverse punch. Execute a right front thrust kick and left jab.
15. Land forward to 4:30 and pivot into a right neutral bow as you execute a midrange right vertical thrust punch.
16. Step your right foot to 7:30 into a right neutral bow as you execute a right downward block. Continue this motion as you execute a right overhead looping back knuckle strike to the back of your opponent's head. Chamber your right back knuckle strike and pivot into a right forward bow as you execute a left reverse punch. Execute a left front thrust kick and a right jab.
17. Land forward to 7:30 and pivot into a left neutral bow as you execute a midrange left vertical thrust punch.
18. Step to 1:30 as you execute a left overhead chopping punch to 1:30 (target could be the bridge of an attacker's nose) simultaneous with a left retarded ball kick to knee level.
19. Land in a twist stance and step out into a right neutral bow as you execute a right uppercut into a forearm strike. Execute a left one-finger eye poke. Using this as a gauge, execute a right one-finger eye poke. Instantly follow that with a left one-finger eye poke.
20. Step to 10:30 as you execute a right overhead chopping punch to 10:30 (target could again be the bridge of an attacker's nose) simultaneous with a right retarded ball kick to knee level.
21. Land in a twist stance and step out into a left neutral bow as you execute a left upper cut into a forearm strike. Execute a right one-finger eye poke. Using this as a gauge, execute a left one-finger eye poke. Follow that with another right one-finger eye poke.
22. Execute a left inward downward block (palm up) as you step into a rear twist stance towards 4:30. Unwind into a right neutral bow facing 10:30 as you execute a right uppercut.
23. Execute a right inward downward block (palm up) as you step into a rear twist stance towards 4:30. Unwind into a left neutral bow facing 10:30 as you execute a left uppercut.
24. Step your right foot back to 7:30 into a left neutral bow as you execute a left inward downward block (palm down). Convert it to a left vertical back knuckle strike.
25. Step your left foot back to 7:30 into a right neutral bow as you execute a right inward downward block (palm down). Covert it to a right vertical back knuckle strike.
26. Pivot into a right forward bow as you execute a left push down block. Pivot in place into a twist stance. Step your left foot to 1:30 into a left neutral bow as execute a left outward overhead elbow strike. Follow that with a left overhead claw.
27. Pivot into a left forward bow as you execute a right push down block. Pivot in place into a twist stance. Step your right foot to 1:30 into a right neutral bow as you execute a right outward overhead elbow strike. Follow that with a right overhead claw.

28. Pivot into a right forward bow as you execute a left push down block. Pivot in place into a twist stance. Step your left foot to 1:30 into a left neutral bow as you execute a left outward overhead elbow strike. Follow that with a left overhead claw.
29. Execute a right thrust punch to 1:30. Follow that by executing a left inward forearm strike.
30. Step your left foot into a rear crossover towards 7:30. Unwind so you are a right neutral bow facing 1:30 as you execute an inward overhead elbow.
31. Step your right foot into a rear crossover to 7:30. As you unwind into a left neutral bow facing 1:30, execute a left inward overhead elbow.
32. Step into a rear crossover towards 9:00. Unwind as you execute a right inward elbow and a left palm heel strike. (An elbow sandwich that slides through to cock for the next move.)

### **Isolation**

33. Execute two simultaneous outward elbows.
34. Chamber the left arm and collapse the right arm against your body, chambered for a back elbow. Execute a right back elbow and a left upward elbow.
35. Go to a meditative stance.
36. Long Bow