



AGES:
Teen and Adult *Yellow Belt*
(* Adults Only)

KICKS

Front
Back
Side
Roundhouse

STRIKES

Outward Handsword
Ridgehand
Inward Elbow
Outward Elbow
Heel Palm

BLOCKS

STAR BLOCK

1. Upward
2. Inward
3. Extended Outward
4. Downward
5. Back Elbow (Strike)
6. Pushdown

STANCES

Neutral Bow (Right/Left)
Forward Bow

FORMS

UNIVERSAL 1
MASTER FORM

ADULT FORMS *

SHORT FORM 1
MASTER FORM (Yellow Belt Techniques)

TECHNIQUES

1. DELAYED SWORD (Straight Right Punch)
2. ATTACKING MACE (Straight Right Punch)
3. DEFLECTING HAMMER (Right Front Kick)
4. THRUSTING SALUTE (Right Front Kick- Right Straight Punch)
5. MACE OF AGGRESSION (2 Hand Lapel Grab)



AGES:

Teen and Adult *Orange Belt*
(* Adults Only)

FINGER TECHNIQUES

Straight Finger Thrust
Vertical Finger Thrust
Vertical Upper Thrust

STRIKES

Back Elbow *
Back Hammerfist *
Obscure Back Elbow *

STANCES

Front Twist
Rear Twist
Reverse Bow
Lunge
Reverse Lunge

FORMS

UNIVERSAL 2
MASTER FORM

ADULT FORMS *

LONG FORM 1
MASTER FORM (Add Orange Belt Techniques)

TECHNIQUES

1. FIVE SWORDS (Right Roundhouse Punch)
2. CROSSING TALON (Cross Wrist Grab)
3. BUCKLING BRANCH (Left Front Kick)
4. THRUSTING PRONGS (Front Bear Hug)
5. TRIGGERED SALUTE (Left Shoulder Push)
6. *OBSCURE SWORD* (Right Rear Shoulder Grab)
7. *OBSCURE WING* (Close Right Rear Shoulder Grab)
8. *GRIP OF DEATH* (Side Head Lock)
9. *SWORD OF DESTRUCTION* (Left Roundhouse Punch)
10. *CHECKING THE STORM* (Right Overhead Club Attack)



AGES:

Teen and Adult *Purple Belt*

(* Adults Only)

KICKS

Inside Crescent
Outside Crescent
Spinning Outside Crescent
Jump Spinning Inside Crescent
(aka Tornado kick)
Hook

STRIKES

Hammer Fist
Upward Elbow
Back Hammer Fist
Overhead Heel Palm Claw

STANCES

Wide Kneel
Close Kneel
45 Degree Cat Stance

BLOCKS

Universal
Reverse Universal

FORMS

**KICKING KATA
MASTER FORM**

ADULT FORMS *

SHORT FORM 2
MASTER FORM (Add Purple Belt Techniques)

TECHNIQUES

1. CIRCLING WING (2 Hand Rear Choke)
2. EVADING THE STORM (Overhead Club Attack)
3. SWINGING PENDULUM (Right Roundhouse Kick)
4. PARTING WINGS (2 Hand Push)
5. LEAPING CRANE (Straight Right Punch)
6. *DARTING MACE* (2 Hand Wrist Grab- Right Arm)
7. *OBSTRUCTING THE STORM* (Right Overhead Club Attack)
8. *HOOKING WINGS* (Low 2 Hand Push)
9. *SPIRALING TWIG* (Rear Bear Hug- Arms Free)
10. *SLEEPER* (Right Straight Punch)



AGES:

Teen and Adult *Blue Belt*

(* Adults Only)

KICKS

Scoop
Axe
Spinning Hook

STRIKES

Inward Horizontal Claw
Outward Horizontal Claw
Front Vertical Claw
Inverted Backfist

STANCES

Front Twist Stance
Rear Twist Stance

PUNCHES

JAB, CROSS, HOOK, UPPERCUT

FORMS

UNIVERSAL 3
MASTER FORM

ADULT FORMS *

LONG FORM 2

MASTER FORM (Add Blue Belt Techniques)

TECHNIQUES

1. RETREATING PENDULUM (Right Side Kick)
2. RETURNING THE STORM (Missed Roundhouse Club Attack)
3. GRIPPING TALON (Same Side Wrist Grab)
4. CIRCLING THE HORIZON (Right punch)
5. RAKING MACE (Double Lapel Grab)
6. *THUNDERING HAMMER* (Right Punch)
7. *THRUSTING WEDGE* (Front 2 Hand Choke)
8. *BEGGING HANDS* (Double Wrist Grab)
9. *SHIELD AND MACE* (Right Punch)
10. *DESTRUCTIVE TWINS* (Double Handed Choke or Double Lapel Grab)



AGES:
Teen and Adult *Green Belt*
(* Adults Only)

TECHNIQUES

1. HEAVENLY ASCENT (Front Double Handed Choke)
2. BRUSHING THE STORM (Front 45 Degree Overhead Club Attack)
3. CLIPPING THE STORM (Straight Thrusting Club/Knife Attack)
4. FLASHING WINGS (Right Straight Punch)
5. BROKEN RAM (Charging Attack-Low)
6. *BACKBREAKER* (Right Punch From Front 45 Degree Angle)
7. *FLASHING MACE* (Right Straight Punch)
8. *CROSSED TWIGS* (Rear Double Wrist Grab)
9. *CONQUERING SHIELD* (Left Grab or Push)
10. *OBSCURE CLAWS* (Rear Right Shoulder Grab)

FORM

UNIVERSAL 4
MASTER FORM

ADULT FORMS *

COORDINATION SET 1
MASTER FORM (Add Green Belt Techniques)

ALL SELF-DEFENSE TECHNIQUES DONE WITH A PARTNER



AGES:

Teen and Adult Brown Belt

(* Adults Only)

TECHNIQUES

1. DEFYING THE STORM (Right Roundhouse Club Attack)
2. WINGS OF SILK (Double Rear Arm Lock)
3. SQUATTING SACRIFICE (Full Nelson)
4. ESCAPE FROM DEATH (Rear Head Lock)
5. SECURING THE STORM (Right Roundhouse Club Attack)
6. *DETOUR FROM DOOM* (Right Roundhouse Kick)
7. *CIRCLING DESTRUCTION* (Left Punch)
8. *TRIPPING ARROW* (Front Bear Hug - Arms Free)
9. *CIRCLES OF PROTECTION* (Right Overhead Punch)
10. *TAMING THE MACE* (Right Punch)

FORM

UNIVERSAL 5

MASTER FORM

ADULT FORMS *

SHORT FORM 3

MASTER FORM (Add Brown Belt Techniques)

ALL SELF-DEFENSE TECHNIQUES DONE WITH A PARTNER



AGES:

Teen and Adult Red Belt

(* Adults Only)

TECHNIQUES

1. PROTECTIVE FANS (Left, Right Punch Combo)
2. BLINDING SACRIFICE (2 Hand Front Choke)
3. LOCKING HORNS (Front Head Lock)
4. *SHIELDING HAMMER* (Left Hook Punch)
5. LOCKED WING (Rear Arm Lock)
6. FLIGHT TO FREEDOM (Blocked Locked Wing)
7. *LEAP OF DEATH* (Right Punch)
8. *SNAPPING TWIG* (Left Hand Chest Push or Grab)
9. *CROSS OF DESTRUCTION* (2 Hand Rear Choke)
10. *FALLEN CROSS* (2 Hand Rear Choke)

FORMS

COORDINATION SET 1
MASTER FORM

ADULT FORMS *

STRIKING SET
FINGER SET
MASTER FORM

ALL SELF-DEFENSE TECHNIQUES DONE WITH A PARTNER



AGES:

Teen and Adult *Sr. Red Belt*

(* Adults Only)

TECHNIQUES

1. FALCONS OF FORCE (Left And Right Shoulder Grab)
2. ENCOUNTER WITH DANGER (Front Push)
3. LEAP FROM DANGER (Rear Push)
4. PARTING OF THE SNAKES (Front Right Punch, Rear Shoulder Grab)
5. UNFURLING CRANE (Left-Right Punch Combo)
6. *REPRIMANDING THE BEAR* (Right Punch And Rear Bear Hug - Arms Pinned)
7. *RAINING LANCE* (Overhand Right Knife Attack)
8. *THRUSTING LANCE* (Right Step Thru Knife Thrust - Low)
9. *ENTWINED LANCE* (Right Step Thru Knife Thrust)
10. *CONTROLLING THE ROD* (Right Gun Attack - Chest High)

FORMS

FINGER SET
STRIKING SET
MASTER FORM

ADULT FORMS *

COORDINATION SET 2
MASTER FORM

TIGERS JUNIOR BLACK BELT

DETAILED REVIEW OF EACH BELT LEVEL
UNIVERSAL 6

ADULT 1ST DEGREE BLACK BELT *

DETAILED REVIEW OF EACH BELT LEVEL
LONG 3 AND MASTER FORM

ALL SELF-DEFENSE TECHNIQUES DONE WITH A PARTNER