



Required Techniques For 1st Black Belt (In the order they should be taught.)

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| 1. DESTRUCTIVE KNEEL | <i>Front Right Step Through Punch</i> |
| 2. ENTWINED MACES | <i>Front Left & Right Front Punch With Opponent's Left Leg Forward</i> |
| 3. MARRIAGE OF THE RAMS | <i>Flank Right & Left Shoulder Grab (Close By Two Men)</i> |
| 4. THE RAM AND THE EAGLE | <i>Front Right Punch & Rear Left Collar Grab</i> |
| 5. ESCAPE FROM THE STORM | <i>Right Flank Right Overhead Club</i> |
| 6. THRUSTING LANCE | <i>Front Right Knife Thrust While Your Arms Are Down</i> |
| 7. CAPTURING THE ROD | <i>Front Right Pistol Holdup (Against Your Chest)</i> |
| 8. PRANCE OF THE TIGER | <i>Right Flank Right Step Through Uppercut Punch</i> |
| 9. FATAL DEVIATION | <i>Front Right & Left Punch With Opponent's Left Leg Forward</i> |
| 10. SNAKES OF WISDOM | <i>Flank Left & Right Shoulder Grabs By Two Men</i> |
| 11. REPRIMANDING THE BEARS | <i>Front Right Punch & Rear Bear Hug (Arms Pinned) By Two Men</i> |
| 12. CIRCLING THE STORM | <i>Front Right Club Thrust (Poke)</i> |
| 13. ENTWINED LANCE | <i>Front Right Step Through Knife Thrust</i> |
| 14. BROKEN ROD | <i>Rear Right Hand Pistol</i> |
| 15. TWIRLING HAMMERS | <i>Front Left Step Through Punch</i> |
| 16. PIERCING LANCE | <i>Front Right Knife Thrust While Your Arms Are Up</i> |
| 17. UNFOLDING THE DARK | <i>Left Step Through Punch From The Right Rear Flank</i> |
| 18. DEFYING THE ROD | <i>Front Right Pistol Holdup</i> |
| 19. ESCAPE FROM DARKNESS | <i>Right Punch From Left Rear Flank</i> |
| 20. TWISTED ROD | <i>Front Right Pistol Holdup</i> |

Form`s

Long Form # 4