



Required Techniques For *Blue Belt* (In the order they should be taught.)

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| 1. TWIN KIMONO | <i>Front Two Hand Lapel Grab</i> |
| 2. PARTING WINGS | <i>Front Two Hand Push</i> |
| 3. THUNDERING HAMMERS | <i>Front Right Step Through Punch</i> |
| 4. SWINGING PENDULUM | <i>Front Right Roundhouse Kick</i> |
| 5. SQUEEZING THE PEACH | <i>Rear Bear Hug (Arms Pinned)</i> |
| 6. CIRCLING WING | <i>Rear Two Hand Choke (Arms Bent)</i> |
| 7. OBSTRUCTING THE STORM | <i>Right Step Through Overhead Club</i> |
| 8. DARTING MACE | <i>Front Two Hand Wrist Grab</i> |
| 9. HOOKING WINGS | <i>Front Two Hand Low Push</i> |
| 10. SHIELD AND SWORD | <i>Front Left Step Through Punch</i> |
| 11. GIFT IN RETURN | <i>Handshake</i> |
| 12. BOW OF COMPULSION | <i>Front Wrist Lock Against Opponents</i> |
| 13. CHARGING RAM | <i>Front Tackle With Arms Extended Wide</i> |
| 14. SLEEPER | <i>Wide Front Right Step Through Straight</i> |
| 15. CROSS OF DESTRUCTION | <i>Rear Two Hand Choke</i> |
| 16. FLIGHT TO FREEDOM | <i>Rear Hammerlock</i> |

Form and Set's

- Finger Set # 1*
- Stricking Set # 1*
- Long Form # 2*