

Sanchin Budokai Kenpo Karate

White Belt (One Stripe) – 14th kyu, Juyonkyu – 十四級

- *Delayed Sword (Right Straight Punch)*
Step back to RNB, right inward block, right front snap kick to groin, plant in RNB, right outward hand sword to neck.
- *Sword of Destruction (Left Hook Punch)*
Step back to RNB, right outward extended block, right front snap kick to groin, plant in RNB, right inward hand sword to neck.
- *Lone Kimono (Left Lapel Grab)*
Step back to RNB, left hand pins the attacker's hand, right upward block at elbow, right inward downward hammer fist to forearm, right outward hand sword to neck.

Yellow Belt – 13th Kyu, Jusankyu – 十三級

- *Obscure Wing (Left-hand Grab on Right Shoulder from the Back)*
Step right to 4 o'clock into horse stance, right rear elbow to ribs, right hammer fist to groin, right obscure elbow to chin.
- *Sword and Hammer (Left-hand Grab on Right Shoulder from the Side)*
Step right to 3 o'clock into horse stance, right outward hand sword to neck, right downward hammer fist to groin.
- *Deflecting Hammer (Low Right Front Kick)*
Step back to RNB, right downward diagonal block to outside of leg, shuffle in, right inward elbow to face, left sliding check to elbow.
- *Star Block Set*
Standard basic drill of inward, outward, upward, downward, inward block, and outward block.

Yellow Belt (One Stripe) – 12th Kyu, Junikyu – 十二級

- *Clutching Feathers (Left-hand Hair-grab)*
Step back to RNB, left pin, right middle knuckle strike to armpit, shift to RFB, left heel palm to jaw, right outward extended block, right inward raking back knuckle to nose.
- *Thrusting Salute (Low Right Front Kick)*
Step back to LNB, left downward block to inside of kick, pivot left foot, right front snap kick to groin, plant to RNB, right thrusting heel palm to chin.
- *Buckling Branch (Low Left Front Kick)*
Step back to LNB, left downward block to kick, right rear scoop kick to groin, plant forward to RNB, left rear side kick to inside of knee.
- *Parting Wings (Close-range Double-handed Push)*
Step back to LNB, double outward hand sword to inside of arms, shift to LFB, right inward hand sword to ribs, left outward hand sword to neck, right middle knuckle to solar plexus.
- *Kicking Set 1*
The student should be able to perform the following techniques on command: snap front kick, roundhouse kick, side kick, and spinning back kick.

Orange Belt – 11th Kyu, Juichikyu – 十一級

- *Thrusting Wedge (High Two-handed Push)*
Step forward into RFB, execute a double thrusting claw to the eyes, turn counter-clockwise into RNB, have your left hand grab your right wrist, deliver a right upward elbow strike to the chin, then a right downward heel palm to the nose with a right claw-hand to the eyes.
- *Triggered Salute (Right-hand Push to Left Shoulder)*
Step forward into RNB, pin with the left hand and strike with a right heel palm to the chin, then a right inward horizontal elbow to the solar plexus, a right outward horizontal elbow to the ribs, a right horizontal back-knuckle to the ribs, and a right uppercut to the chin.
- *Reversing Mace (Left Front Straight Punch)*
Step back to RNB, execute a right inward parry followed by a left outward parry to the left punch, grab the left shoulder with your left hand, strike with a left outward back-knuckle to the ribs, then a right downward roundhouse kick to the back of the knee.
- *Grip of Death (Left-side Neck- or Head-hold)*
Step forward into a kneeling position, deliver a left inward hammer fist to the kidney and a right hammer fist to the groin, place your left hand under the nose or grab the hair, turn into LFB, strike with a right palm strike to the chin, then a right knee to the groin.
- *Short Form 1*
Basic blocking movements (inward, outward, upward, downward) performed while moving backward.

Orange Belt (One Stripe) – 10th Kyu, Jukyu – 十級

- *Escaping Ram (Rear Bear-Hug, Over Arms)*
Bend your back backward, head-butt backwards, bump with the hips, and shoot both arms straight forward while stepping with the left foot, look over your right shoulder, then deliver a right thrusting back-kick to the solar plexus.
- *Thrusting Release (Front Bear-Hug, Over Arms)*
Head-butt forward into the nose, deliver a right knee to the groin, push against the hips with both hands and take a big step back with the right foot to break the grip, then execute a right front kick to the stomach.
- *Twirling Wings (Double Lapel-Grab from Behind)*
Step with the left foot into a right twist stance, execute a left outward block (and control), turn 180 degrees into LNB, deliver a right elbow strike to the ribs, maintain right-hand control, then deliver a left elbow strike to the solar plexus.
- *Circling Wing (Two-Handed Choke from Behind)*
Pin his right hand with your left hand, step forward toward 1:30 into LNB, deliver a right elbow strike to his right elbow joint, catch his right arm with your right arm, poke to the eyes with the left hand, maintain left-hand control on the right arm, then deliver a right upward elbow strike to the chin and a right hammer fist to the groin.
- *Attacking Mace (Right Straight Punch)*
Step back into LNB with a left inward block, move into LFB with a right cross to the ribs, grab his wrist with the right hand and pull it down, deliver a right through-the-target roundhouse kick to the groin, land in RNB and deliver a left cross to the kidney, controlling his leg.
- *Finger Set 1*
The student should be able to perform the following techniques on command: horizontal finger thrust, vertical finger thrust, upward finger thrust, double finger thrusts, and over-the-shoulder finger thrust.
- *Coordination Set 1*
The student should be able to perform simultaneous blocking and striking on command as well as double strikes.

Purple Belt – 9th Kyu, Kyukyu – 九級

- *Repeating Mace (Left Push from Front)*
Step with the left foot into a right twist stance, perform a tan sau with the left hand and grab the wrist, deliver a right hammerfist to the kidney, a right back-fist to the ribs, grab the shoulder with the right hand, then execute a right roundhouse kick to the calf.
- *Obscure Sword (Left-hand Grab on Right Shoulder from the Side)*
Pin his hand, step forward with the left foot into reverse bow, turn 180 degrees into right RNB with a right hand sword to the neck, then deliver a left front kick to the stomach and retract the leg back into RNB.
- *Crossing Talon (Right Crossing Wrist Grab)*
Counter-grab his wrist, circle your grip under his arm into a wrist lock. Move toward 1:30 into LNB with your left arm pressing down on his elbow joint and your right hand controlling the wrist in an armbar. Deliver a left elbow strike to the face, a left claw to the jaw, a left downward elbow to the spine, and finish with a “sandwich” of a left hand sword and right knee to the face.
- *Striking Serpents Head (Front Bear-Hug, Arms Free)*
Step back into LNB, “sandwich” with a left back-fist to the neck and right heel palm to the face, grab the hair with the left hand and pull the head back, then strike with a right half-fist to the throat.
- *Leaping Crane (Right Straight Punch)*
Step forward toward 10:30 into LNB with a left-hand parry, move into a LNB while delivering a right middle-knuckle strike to the ribs, a right side kick to the lead knee, a right back-fist to the kidney, and a right elbow strike to the head (sandwich with left heel-palm).
- *Long Form 1*
Basic countering movements (blocking and punching).

Purple Belt (One Stripe) – 8th Kyu, Hachikyu – 八級

- *Shielding Hammer (Left Hook Punch to Head)*
Right Outward Block, Right Inward Hammer Fist (Nose), Simultaneous Right Elbow (Chest), and Left Heel Palm Claw (Face).
- *Five Swords (Right Hook Punch to Head)*
Forward to RNB, Double Inside Sword Hand Block (Arm), Right Sword Hand (Neck), Left Heel Palm (Cheek), Right Twist Stance with Right Uppercut (Kidney), Unwind to RNB with Left Sword Hand (Neck) and Grab, Pull Head Down, Right Sword Hand (Neck).
- *Raining Claw (Right Uppercut Punch to Head)*
Right Downward Block and Left Heel Palm Claw (Face), Left Hand Check, and Right Back Fist (Face).
- *Locked Wing (Right Hammer-Lock from Behind with Left Wrist Control)*
Counter-grab with the right hand, step into right reverse bow and strike the left arm straight forward to break the grip, turn into LNB with a left outward elbow to the face, left heel palm, left arm hooks his right arm, take an adjustment step back with the right foot, turn again into LNB and break the elbow, finishing with a “sandwich” of a right hammer fist and right knee to the head.
- *Flight to Freedom (Right Hammer-Lock from Behind)*
Counter-grab with the right hand, step back with the left leg into right reverse bow, send the left elbow outward as in Locked Wing – but when the opponent blocks, turn out into RNB, deliver a right side kick to the ribs, land in a right twist stance, apply an armbar to the elbow, then deliver a left side kick to the knee and break the arm.
- *Striking Set 1*
The student should be able to perform the following techniques on command: thrust punches, back fists, hammer fists, and double strikes.
- *Stance Set 1*
The student should be able to perform the following techniques on command: horse, neutral bow, cat, forward bow, reverse bow, twist.

Blue Belt – 7th Kyu, Shichikyu – 七級

- *Glancing Salute (Right Push to Right Shoulder)*
Pin his arm with your right hand, step forward into LNB, break his elbow with your left arm, apply a hook check with the left hand, deliver a right heel palm to the face, grab the neck from behind with the right hand, deliver a right knee to the stomach, then land in RNB with a right elbow strike to the head.
- *Encounter with Danger (Hard Two-handed Push, Causing a Fall)*
Use a rear breakfall to absorb the force, deliver a left stomp kick to the groin, a right side kick to the upper body, then a left back kick to the stomach.
- *Dance of Death (Right Straight Punch to Head)*
Step forward into LNB with a left inward block, deliver a right ridge-hand to the groin, right tan sau check on the shoulder, left hand grabs behind the right knee, step through with the right foot and take him down with a single-leg, keep hold of the leg, then deliver a right back-fist to the free leg and a right chop to the groin.
- *Sleeper (Right Straight Punch to Head)*
Step forward into LNB with a left inward block, deliver a right ridge-hand to the neck and grab, press his right arm across with the left hand, step behind with the right foot and off-balance him, apply a triangle choke, turn into LNB and throw him to the ground, lean over and deliver a right punch to the face.
- *Thundering Hammers (Right Straight Punch to Head)*
Step forward into LNB with a left inward parry and check, turn into wide kneel stance with a right forearm strike to the body, check the left shoulder with the right hand, deliver a left diagonal hammer fist to the kidney, then a right hammer fist to the back of the head.
- *Short Form 2*
Moving forward, blocking and advancing with strikes.

Blue Belt (One Stripe) – 6th Kyu, Rokukyu – 六級

- *Destructive Twins (Two Hand Choke, Pulling-in, Front)*
Step forward with the right foot into RNB, deliver a left horizontal punch to the face and a right uppercut to the groin. Execute a left outward block to “clear” his arms, then a left eye-poke, grab his left arm with your left hand, and deliver a right punch to the ribs.
- *Conquering Shield (Front Left, Stiff-Arm Lapel Grab)*
Catch the attacker’s left arm with your left hand, execute a right inward block to his left elbow to break the grip. Follow with a right front snap kick to the inside of his right leg. As you land, deliver a straight right punch to his chin, press his arm down with your elbow, then deliver a right upward elbow strike to his chin and a right claw-hand to the face.
- *Swinging Pendulum (Right Roundhouse Kick)*
Step back with the left foot into RNB and turn 45 degrees, execute a right inward block to the thigh followed by a left-hand check. Slide forward with a right inward hammer fist to the groin, followed by a right obscure elbow to the chin.
- *Gift of Destruction (Front Handshake)*
Grab his right elbow, and pull him across, delivering a right knee to the groin or stomach, land in RNB with left-hand-check and right inward elbow to face.
- *Twin Kimono (Front Two-Hand Lapel Grab, Pushing Out)*
Pin the attacker’s hands with your left hand, execute a right upward block to his arms to break them while stepping back with the left foot into RNB, deliver a left back-knuckle to the ribs, followed by a right hammer fist to the arms and a hand sword to the neck.
- *Shield and Mace (Right Straight Punch to Head)*
Step offline to the left, LNB, right outward block with left hook punch (kidney), right hammer fist (kidney) with left arm check (force his arm down), right heel palm (chin), right chop to lower back, right side kick to left back of knee.
- *Crashing Wings (Rear Bear Hug, Arms Free)*
Drop into horse stance with double elbow strikes to his arms. Step behind his right leg with your left leg

and elbow with left arm to chin (bending him over), shift to LNB while executing a hammer fist to stomach – taking him down.

- *Defying The Storm (Front Right Step-Through Roundhouse Club)*

Step in in RNB with double forearm block to arm, right elbow to chin and grab his right wrist with your left hand, grab his elbow with your right hand and raise his wrist with your left hand while pushing down with your right. Step back to LNB, right knee to stomach, land in RNB with downward elbow to spine, grab the club and step out.

- *Coordination Set 2*

The student should be able to perform simultaneous striking and kicking.

Green Belt – 5th Kyu, Gokyu – 五級

- *Cross Of Destruction (Rear Two-Hand Choke)*

Press your chin to your chest, grab the attacker's wrists with both hands. Step toward 9 o'clock with the left foot into horse stance. Shoot the right foot back toward 7:30 into left neutral bow facing 1:30. Cross the attacker's left arm over your head, cross his left arm over his right. Pull with the right arm toward your right hip. Deliver a right front thrusting ball kick to the inside of his right knee. Plant the right foot forward toward 1:30 into right neutral bow. Pull with the left arm and push with the right arm to twist his arms and break his elbows.

- *Crossed Twigs (Rear Two-Hand Grab to Wrists)*

Counter-grab and step forward to LNB. Turn 180 degrees with right elbow to his head to RNB. Push his upper body down and check with your left hand as you strike downward elbow to spine. Double heel palm to kidneys and left knee to stomach, step out.

- *Wings Of Silk (Rear Two-Arm Lock)*

Deliver a double palm strike backward to the groin, stomp with the left foot, catch his left arm with your left arm, deliver a right obscure elbow to the chin simultaneously with a right scoop kick backward to the groin, spin out to RNB to the left and break his arm.

- *Begging Hands (Front Two-Hand Grab to Wrists)*

Break the grip by moving your elbows forward, step into right cat stance and counter-grab. Right snap kick to groin (foot coming back to neutral stance), and left snap kick to groin to LNB. Double palm strike to stomach.

- *Flashing Wings (Front Right Step-Through Punch)*

Step offline to left into LNB with left inward block, right elbow strike to chest. Left rake to face with right elbow nudge to spine, right outward chop to neck, left chop to neck with left knee buckle to his right leg, right inward chop to neck, step out.

- *Repeated Derastation (Full Nelson)*

As you feel the full nelson closing, pin his hands by clenching his arms to your body using your elbows. Left hand grabs his right wrist. Step forward with your left foot to LNB. Pivot 180 degrees with right elbow to face, step back to neutral stance and trap the other hand the same way. Step forward to RNB, pivot 180 degrees with left elbow to face, cover out.

- *Entangled Wing (Front Figure 4 Arm Lock)*

The opponent tries to do a figure 4 arm lock on your right arm. Grab your own wrist and step forward to RNB. Right rising elbow to chin, pivot 180 degrees to LNB with his left arm in a over shoulder arm lock (holding his left wrist with your right hand). Left elbow to back, right elbow to ribs, end with an arm bar.

- *Raking Mace (Front Two-Hand Lapel Grab, Pulling In)*

Left hand counter-grabs his left hand. Step forward into RNB and right uppercut to mid-section. Right downward hammer fist rake to nose, right chop to neck and grab his collar with your right hand. Grab his head with your left hand, slide into RNB with right elbow smash to face.

- *Long Form 2*

Moving forward, checking, blocking and striking. Inspired by Ed Parker's studies of Hung Gar Kung Fu.

Green Belt (One Stripe) – 4th Kyu, Yonkyu – 四級

- *Circle of Doom (Front Right Straight Kick)*
RNB with right inside scoop block to right outward block to clear the leg. Right inverted scoop kick to groin, left spinning hook kick to head.
- *Broken Gift (Front Handshake)*
Step forward to LNB and counter-grab with your free hand, raise your left elbow to hyper-extend his. Step back to RNB with left chop, grab and pivot 45 degrees to left with right inward elbow to chin.
- *Intercepting the Ram (Front Tackle)*
Left shove to head to break posture, right hammer fist to back of neck and right knee to stomach. Step back to LNB, left elbow to spine. Step back to left twist stance, grab chin with left hand, unwind to RNB while breaking the neck with an upward motion with your hand.
- *Leap from Danger (Rear Two-hand Push)*
Forward shoulder roll and pivot to LNB, right snap kick to stomach, left spinning back kick to stomach, and step out.
- *Glancing Wing (Left Uppercut Punch)*
Step back to RNB with right downward block, left vertical fist to chin, grab left wrist with left hand, right outward palm-heel to chin, right hammer-fist to kidneys, break his arm with left arm. Clear his arm in a circular motion and do left heel-palm to face, grab and do right elbow to face, step out.
- *Destructive Kneel (Right Step-through Punch)*
LNB with left palm parry, right outward parry, left knee-buckle (to his right knee), grab his right wrist with right hand, right palm heel strike to his extended elbow. Left back fist to ribs, right eye rake, pull his chin up, left knee-buckle again so he drops to his knees. Left knee to spine, right hammer fist to face and right roundhouse kick to face.
- *Escape from Darkness (Left Rear Flank, Right Step-through Punch)*
Hold is punch off with your left hand and perform a left front side kick to his knee. Set your foot down and spin forward to RNB with right back fist to back. Push him down with your hands and by stepping forward to LNB with your knee to back. Grab his right shoulder with your right hand, left vertical fist to chin, left eye rack and grab his neck, break the neck and end it with left hook kick to face.
- *Unfolding the Dark (Right Rear Flank, Left Step-Through Punch)*
Hold is punch off with your right hand and perform a right front side kick to his knee. Right back kick to stomach, spin behind him to LNB with left back fist. Right hammer fist to torso and left heel palm to chest to make him fall. End with right stomp to face, step out.
- *Striking Set 2*
The student should be able to perform the following techniques on command: rear-, upward-, downward-, inward-, and outward elbow strikes.
- *Stance Set 2*
The student should be able to perform the following techniques on command: closed kneel stance, wide kneel stance, and crane stance.

Brown Belt (1st Degree, One Stripe) – 3rd Kyu, Sankyu – 三級

- *Securing the Storm (Right Step-through Roundhouse Club)*
Left outward block in LNB with simultaneous right vertical fist to chin. Wrap his arm with your left arm and hyper-extend his elbow. Do a right heel-palm to chin and do an outward leg reap. Secure the weapon and do a right stomp to his ribs.
- *Twirling Sacrifice (Full Nelson)*
Drop elbows and step right into horse stance. Step behind him with your left leg and lift both his legs up and slam him backwards, taking him down – left elbow strike to solar plexus.
- *Clipping the Storm (Right Thrusting Club)*
Step back to LNB with left downward block, right chop to forearm (making him drop the club). Right chop to neck transitioning into right cat stance and step behind him in RNB with right palm-heel to face.
- *Dance of Darkness (Front Right Kick & Right Punch Combination)*

Step backward to left twist stance with right downward block to deflect the kick. Left inward palm parry to deflect his punch. Step forward into RNB with right outward block, step forward into LNB behind him. Left vertical fist to spine, left-hand right-shoulder-grab, right vertical fist to cheek, right eye poke, sweep his right leg with your left and drop into left twist stance. Spin to RNB with right back fist to ribs, and do right outside leg reap pushing with your right forearm. Right downward front kick to chest.

- *Deceptive Panther (Low Right Front Kick & High Right Roundhouse Kick)*

Step forward into RNB with left low block and right push down block to knee. Right side kick to inside of left knee, land with right back fist to cheek. Left downward hammer fist (to neck) to right twist stance. Left neck grab with upward forearm-strike to nose. Right side kick to solar plexus, and step out.

- *Unwinding Pendulum (Front Right Kick & Right Punch Combination)*

Stepping back to LNB with right low block (to kick), left inside block (to punch), grab his right shoulder with your left hand. Right thrusting kick-sweep to left leg, ending in right twist stance. Right inverse scoop kick to groin, right leg-buckle to his right leg. Spinning left elbow to spine, cover out.

- *Thrusting Lance (Right Step-through Knife Thrust)*

Step back to RNB with downward hammering low block to arm. Grab his right arm with your left as you do a left ridge-hand strike to groin. Grab the knife-hand with both your hands. Pivot out 45 degrees to the side and do a leaf-turn wrist lock, stepping back to LNB. Disarm him by applying pressure. Left snap kick to face (can be dropped if needed), right snap kick to face. End with right hook punch (and when applicable a figure eight punch).

- *Destructive Fans (Left Flank, Right Step-through Punch)*

Left cat stance, right tan sau, left inward parry, slide forward into LNB with right inward hammer fist to ribs. Grab his right arm, and sweep his right leg with your left foot, land in left twist stance. Left elbow to ribs, turn 180 degrees to RNB, right outer leg reap to LNB. Right stomp to face.

- *Short Form 3*

Destructive Twins → Crashing Wings → Twirling Wings → Circling Wing → Crossing Talon → Scraping Hoof → Fatal Cross → Grip of Death → Locked Wing → Crossed Twigs → Wings of Silk → Conquering Shield → Striking Serpent's Head.

Brown Belt (2nd Degree, Two Stripes) – 2nd Kyu, Nikyu – 二級

- *Glancing Lance (Front Right Shuffle Knife Thrust)*

Step back and offline to LNB with right outside tan sau and right grab. Left palm strike to right extended elbow. Right snap kick to inside of left thigh. Land in RNB forward with left check on right arm with right eye rake. Transition to right cat stance with right check on his right arm and right side kick takedown to his right knee. Left heel-palm – right elbow sandwich to head.

- *Raining Lance (Front Right Step-through Overhead Knife Attack)*

Step diagonally forward into LNB with right outside parry and grabbing – guiding the knife into his own right leg. Left-hand check on his right arm with right elbow to chest. Right-hand check on his right hand and reverse tiger claw to throat. Right eye rake with left check.

- *Capturing the Storm (Front Right Step-through Overhead Club)*

Step diagonally forward to LNB with right-over-left cross block. Grab his hand with both hands and move his arm down – hitting his right leg with the club – turning his palm upwards. Grab his right wrist with your right hand and peel the club from his hand. Step under his arm and turn 180 degrees to LNB with a finger lock. Step backwards to RNB with club strike to his face.

- *Brushing the Storm (Right Flank, Right Step-through Overhead Club)*

Step diagonally forward to RNB, connecting your right foot with his right foot – doing a simultaneous left inward palm parry and right tiger claw to face. Step forward to RNB with right palm strike to groin and left check to his upper back. Grab his right leg with your right arm and step back to LNB pivoting 45 degrees. Left snap kick to groin and right side kick to left knee.

- *Escape from Death (Right Rear Arm Choke)*

Grab his right wrist and do left elbow to solar plexus and left hammer fist to groin (part of *Obscure Wing*), step to his side in horse stance and do *Grip of Death*.

- *Heavenly Ascent (Front Two-hand Choke, Arms Straight)*
Grab your own wrist and step forward into RNB with right rising elbow to chin. Push your right elbow into his throat/chest. Right forearm-strike to neck followed by left heel-palm to chin. Right reverse fore-knuckle punch to throat.
- *Hugging Pendulum (Front Right Drag-up Thrusting Sidekick)*
Slide diagonally backwards into RNB with right low block. Go forward to left twist-stance with left shoulder-check on his right shoulder. Right side kick to his left knee so he drops to his knees. Right back knuckle to face and right heel palm to face.
- *Taming the Mace (Front Right Step-through Punch with a Wall Behind You)*
Step forward diagonally into LNB with left inward palm parry and right hammer fist to his left shoulder. Trap his right hand with your left. Right chop to neck, and grab his shirt with your right hand. Pull everything downwards and switch to RNB on the spot. Pivot 180 degrees to LNB and push him up against the wall. Right knee strike to groin and right elbow to chin.
- *Naifanchi Shodan*
A fundamental kata performed along a single lateral line from a rooted horse stance. It emphasizes close-range defense and counterattacks through compact blocks, strikes and body shifts. In the Kenpo lineage it holds a special place, as Naifanchi was the only kata taught by James Mitose, instructor of William K. S. Chow, who in turn taught Ed Parker.

Brown Belt (3rd Degree, Three Stripes) – 1st Kyu, Ikkkyu – 一級

- *Captured Twigs (Rear Bear Hug, Over Arms)*
Step to the left into horse stance, and strike a right downward hammer fist to groin, releasing his grip. End with right rising elbow to chin.
- *Grasp of Death (Right-Flank Side Headlock)*
Counter-grab the opponents head-locking arm with your right and strike the groin with your free left hand. Step back to LNB and peel of the arm, slipping out with your head. Step forward into RNB with arm bar. Strike a left vertical fist to face.
- *Bear and the Ram (Front Right Punch / Rear Bear Hug, Arms Free – Two Men)*
Right inwards block and right snap kick to groin (Delayed Sword). Do Crashing Wings. Right step-through side kick to punching attacker. Right snap kick to the other attacker if he gets up.
- *Alternating Maces (Two-Hand Push, Front)*
Step back to LNB with right inward block. Left straight cross to stomach, chambering right hand by your left temple. Right back fist to attacker's right temple.
- *Checking the storm (Right Over-Hand Club Strike)*
Right hand check, and left outward parry with a 90-degree pivot to your right into a left cat stance. Control/check the club hand with left front snap kick to groin, landing in left twist stance. Right rear side kick to knee, landing in RNB with right back fist to face.
- *Mace of Aggression (Two-Hand Lapel Grab, Front)*
Trap his hands with your left hand and step into RNB with right vertical fist to face. Push him down on his elbows, following up with right inward elbow, and right outward elbow to chest/throat.
- *Retreating Pendulum (Front Right Thrusting Heel Kick – Side Kick Defence)*
Step back to left twist stance with right low block. Right low side kick to back of attackers left knee, land in RNB with right downward hammer fist to neck. Right inward scoop kick to groin, stepping forcefully back to reverse bow checking his legs – throwing an right elbow to back of head.
- *Tripping Arrow (Front Bear Hug, Arms Free)*
Step back to LNB with double punch to groin, grab him by his neck with left hand. Right knee strike to groin, followed by right kick to inside of left leg, land in RNB with right elbow.
- *Mass Attack*
Falcons of Force → Ram and the Eagle → (Thrusting Limb / Attacking Crane) → Shield and Sword → (Two Man Swinging Gate) → (Attack from the Temple B) → Snakes of Wisdom → Courting the Tiger → Crossing Talon → (Stone Warrior).
- *(Long Form 3 – Optional Material)*

Black Belt (1st Degree) – 1st Dan, Shodan – 初段

- *Prance of the Tiger (Right Flank – Right Step-through Uppercut Punch)*
RNB with right low block, left oblique kick to right knee and left eye jab. Shuffle step forward to RNB with left-hand-grab to his right arm and right vertical fist to face.
- *Twisted Twig (Right Front Wrist Twist)*
Push his right elbow down, stepping forward into RNB with right rising elbow to chin. Circular motion to right thrusting elbow to chest. Sink into right reverse bow with right hammer fist to groin.
- *Leap of Death (Front – Right Step-through Straight Punch)*
Step into LNB with an arm bar takedown on his right arm, sending him to the ground. Leap onto him. Squat over him, and do double heel palm to back of head. Grab his chin with both hands and pull sharply up, breaking his neck against your legs.
- *Hooking Wings (Low Double Front Push)*
Double inside low crane blocks in right cat stance with right snap kick to groin. Right inward hammer fist to temple, right back fist, slide forward into RNB with right rising elbow to chin, push away and create distance.
- *Falling Falcon (Front – Right Direct Lapel Grab)*
Counter-grab, step in to RNB with right outward block to his right arm-pit. Slide your right leg behind his right leg, and do an outward reap, taking him down. Left stomp to face.
- *Calming the Storm (Right Club Swing)*
Step into RNB with left outward block and simultaneous right vertical fist to face. Right check to club arm with left vertical fist to stomach. Right open-handed and back-handed strike to kidneys, grabbing his club hand with your left hand, strike his elbow joint upwards with your right hand as you grab the stick and disarm.
- *Piercing Lance (Front – Right Knife Thrust While Your Arms Are Up)*
Left twist stance with right low block, and left knife-hand grab. Spin to LNB behind him with right elbow to back, maintaining knife control. Grab his right hand with your right hand and step to RNB with leg check. Grab his throat with your left hand, taking him down backwards. Breaking his arm over your right knee.
- *Escape from the Storm (Right Flank – Right Overhead Club Attack)*
Step forward into RNB behind him with simultaneous left inward parry and right heel palm claw to face. Step into LNB further behind him, maintaining hand by his face but dropping it for a strike to stomach – bending him over. Grab his right leg and pivot 90 degrees, pushing down with your left hand against his back. End with groin strikes.
- *Broken Rod (Rear – Right-hand Pistol Against Your Back)*
Turn 180 degrees into RNB, grabbing his gun-hand with your right hand. Step forward into LNB with left fore-arm strike to his extended elbow, creating a break. Step forward into LNB with arm bar. Disarm with your right hand and strike him with the gun.
- *Capturing the Rod (Front – Right Pistol Against Your Chest)*
Left tan sau peel and grab, stepping forward into RNB with right eye jab. Pivot 180 degrees to LNB grabbing his gun with your right hand. Strip the gun and pivot 180 degrees again striking him with the gun. Step back into LNB pulling his head down with your gun-hand, raising his right wrist that you still control. Strike him with the gun.
- *Long Form 4 (First Half)*
Protecting Fans → Isolation Sequence #1 → Darting Leaves → Unfurling Crane → Destructive Kneel → Flashing Wings → Gathering Clouds → Circles of Protection → Dance of Darkness → Thundering Hammers.