Techniques

1. Attacking Circle………………………… Clock as a reference
2. Sumo…………………………………… Two hand low grab
3. Japanese Stranglehold (ABCDE)…… Arm strangle hold from behind
4. Blocking the Kick (ABCDE)………… Kick from the front
5. Headlock (ABC)……………………… (AB) Headlock from the side (C) Headlock from the front
6. Crash of the Eagle Part 1 (ABCDE). Two hand choke from behind
7. Grasping Talon (AB)…………………. Front wrist grab … left grab to your right wrist
8. Tackle Techniques (ABCD)………. Charging tackle from the front
9. Dancer…………………………………… Two hand choke from behind
10. Opponent at Sides (ABCD).………. Opponent on both sides
11. Passing the Horizon (AB)………….. Hammerlock from behind
12. Kimono Grab (AB)…………………. Two hand grab from the front
13. Lever (ABC)…………………………. Left grab to your right shoulder
14. Crashing Elbow (AB)………………. Right punch
15. Heel Hook……………………………. Full Nelson
16. Bridge (AB)………………………… Two hand choke from behind
17. Eagles Beak (ABC)…………………. Shoulder grab from the side
18. Front Bearhug (ABCD)…………….. Bearhug from the front, arms free
19. Simitar…………………………………. Right Punch
20. Breaking the Cross…………………. Two hand choke from behind
21. Aiming the Spear………………….. Left grab to your right shoulder from the front
22. Raising the Staff……………………. Left grab to your right wrist from the front
23. Lowering the Gate (AB)……………. Right or left punch
24. Rocking Elbow………………………. Left grab to your right wrist, from the front
25. Reverse Hammerlock (AB)………. Hammerlock
26. Anvil (ABCD)……………………….. Double wrist grab from the front
27. Knee Lift……………………………. Bearhug from the front, arms pinned
28. Crane Leap (ABCD)…………………. Handshake
29. Driving Elbows (AB)………………. Bearhug from behind, arms pinned
30. Crossing Guard (AB)………………. Offensive movement, opponent to side

Kata

Short #1
**Basics**

**Kicks.**
- Front Snap (w/cover).
- Front Thrust
- Rear Thrust
- Front Side Knife Edge
- Cocking Rear Thrust
- Side Thrust Knife Edge
- Side Thrust Heel
- Front Foot Wheel front / back.
- Knee Front.
- Knee Wheel.
- Front Snap to Wheel
- Low Middle High Wheel
- Front to Side to Rear Thrust

**Stances**
- Formal Salutation
- Reverse Bow
- Training Horse
- Fighting Horse
- Defensive Horse
- Offensive Horse

**Blocks**
- Extended Outward Block
- Vertical Outward Block
- Upward Block
- Downward Block
- Chamber Block

**Strikes**
- Lead Hand Strike.
- Reverse Punch Traditional
- Reverse Punch Side Fist
- Back-Fist
- Hook Punch
- Uppercut

Lead to Backfist