Techniques

1. Turning the Handle.................................. Left punch
2. Bridging the Gap................................. Two hand low push or low grab
3. Advancing Phoenix (AB)..................... Left grab to right shoulder with right punch
4. 2 Headed Serpent............................... Two hand choke from the front
5. Reversing Grasp (AB)......................... Straight on wrist grab
6. Reaching for the Moon.......................... Left grab or punch
7. Flashing Daggers............................... Two hand push from the front
8. Bending the Limb............................... Straight on wrist grab
9. Wrap Arounds (ABCD)......................... Single and double shoulder grabs from the side
10. Crouching Falcon.............................. Two hand push from the front
11. Darting Serpent (AB)......................... Two hand push from the front
12. Silk Wind.......................................... Inter locked arms from behind
13. Spreading the Leaves.......................... Full nelson
14. Crossing the Lock.............................. Double wrist grab from the front
15. Darkness............................................ Right punch from the right side
16. Spinning from the Sun....................... Overhead club
17. Folding Wings................................. Shoulder grab from both sides
18. Vise.................................................. Right punch
19. Swinging Gate................................. Two hand grab from the front
20. Stretching the Bow............................. Right punch
21. Arcing Blades (AB)............................. Right or left punch
22. Circle of China................................. Defense against a kick from a knee down position
23. Silent Escape (AB)............................. Hammerlock
24. Returning Viper............................... Counter kick
25. Returning Thunder............................. Counter kick
26. The Serpent...................................... Right kick
27. Broken Staff...................................... Shoulder grab from the right side
28. Circling Serpent............................... Right punch
29. Chinese L Choke............................... Two hand choke from behind
30. 5 Swords.......................................... Right punch

Katas

Long #2
Short #3
**Kicks**

- Half Wheel.
- Inside Front Snap.
- Lift Kick
- Slicing Wheel.
- Inside Crescent
- Outside Crescent
- Spinning Front Snap
- Spinning Front Thrust
- Spinning Side Thrust
- Spinning Front Foot Wheel
- Spinning Heel Hook
- Spinning Outside Crescent 360
- Slide Shuffle
- Outside Crescent to Wheel
- Inside Crescent to Side
- Inside Crescent to Spin Rear

**Sweeps**

- Forward Sweep
- Reverse Sweep
- Front Leg Sweep
- Reverse Front Leg Sweep

**Blocks**

- Double Brush Parry Block
- Universal Blocks

**Strikes**

- Corkscrew Punch Straight
- Corkscrew Punch Circular
- Punch Block
- Spinning Back-fist
- Step Through Spinning Back-fist

**Takedowns**

- Hard Bow Takedown Basic/Advanced
- Hip Roll Takedown
- Hip Throw Takedown