Techniques

1. Chinese Pincers...... Right Punch
2. Crossing Hooks...... Right Punch
3. Turning The Flame...... Gun At The Back
4. Stopping the Staff...... Right Punch
5. Twisting Vine...... Overhead Club
6. Breaking the Staves (AB)...... Rear Bear Hug Arms Pinned
7. Hands of Jade...... Right Punch
8. Spinning Log...... Right Punch
9. Lever of Ming (AB)...... RL or LR Punch Combination
10. The Lion (AB)...... Front Two Hand Choke
11. Double Lance (ABCDE)...... Right Punch
12. Covering the Moon...... Two Man Attack Rear Bearhug, Front Punch
13. Returning Fist (AB)...... Left Punch
14. Falling Blades...... Knife
15. Dance of the Dragon...... Right Punch
16. Falling Hammers...... L-R Punch From Side
17. Corkscrew (ABC)...... Right Punch From Side
18. The Whip...... Right Punch
19. Winding Elbows (ABCDE)...... Right Punch
20. Twisting Serpent...... Left Punch
21. Chopping the Log...... Roundhouse Kick
22. Falling Tree (ABC)...... Left Punch
23. The Python...... Right Punch From Right Side
24. Twisting Dragon...... Opponent Grabs Your Kick
25. Slicing Hands...... Left Punch
26. The Scorpion...... High Two Hand Grab
27. Chinese Thumbscrew (AB)...... Wrist Grab
28. 4 Fists...... Right Punch
29. Advancing Dragon...... Right Punch
30. The Lock...... Right Punch

FORMS
Long #6
Two Person Set (both sides)

** NOTE: Your Black Belt Test Will Require You To Know All Techniques, Forms And Basics From Your Previous Belts.