

Blue Belt Requirements

Kicks

- ___ 1. Half Wheel
- ___ 2. Inside Front Snap
- ___ 3. Lift Kick
- ___ 4. Slicing Wheel
- ___ 5. Inside Crescent
- ___ 6. Outside Crescent
- ___ 7. Spinning Front Snap
- ___ 8. Spinning Front Thrust
- ___ 9. Spinning Side Thrust
- ___ 10. Spinning Front Foot Wheel
- ___ 11. Spinning Heel Hook
- ___ 12. Spinning Outside Crescent 360
- ___ 13. Slide Shuffle
- ___ 14. Forward 360 Wheel
- ___ 15. Outside Crescent to Wheel
- ___ 16. Inside Crescent to Side
- ___ 17. Inside Crescent to Spin Rear

Blocks

- ___ 1. Double Brush Parry Block
- ___ 2. Universal Blocks

Basics

- ___ 1. Corkscrew Punch Straight
- ___ 2. Corkscrew Punch Circular
- ___ 3. Punch Block
- ___ 4. Spinning Back-fist
- ___ 5. Step Through Spinning Back-fist
- ___ 6. Hard Bow Takedown Basic/Advanced
- ___ 7. Hip Roll Takedown
- ___ 8. Hip Throw Takedown
- ___ 9. Sweeps (Forward/Reverse)

Techniques

- ___ 1. Turning the Handle
- ___ 2. Bridging the Gap
- ___ 3. Advancing Phoenix (AB)
- ___ 4. 2 Headed Serpent
- ___ 5. Reversing Grasp (AB)
- ___ 6. Reaching for the Moon
- ___ 7. Flashing Daggers
- ___ 8. Bending the Limb
- ___ 9. Wrap Arouds (ABCD)
- ___ 10. Crouching Falcon
- ___ 11. Darting Serpent (ABC)
- ___ 12. Silk Wind
- ___ 13. Spreading the Leaves
- ___ 14. Crossing the Lock
- ___ 15. Darkness
- ___ 16. Spinning from the Sun
- ___ 17. Folding Wings
- ___ 18. Vise
- ___ 19. Swinging Gate
- ___ 20. Stretching the Bow
- ___ 21. Arcing Blades
- ___ 22. Circle of China
- ___ 23. Silent Escape (AB)
- ___ 24. Returning Viper
- ___ 25. Returning Thunder
- ___ 26. The Serpent
- ___ 27. Broken Staff
- ___ 28. Circling Serpent
- ___ 29. Chinese "L" Choke
- ___ 30. 5 Swords

Kata

- ___ 1. Short 3
- ___ 2. Long 2 (optional)