

BLUE BELT

SELF DEFENCE TECHNIQUES

- 1—BEGGING HANDS
- 2—THRUSTING WEDGE
- 3—FLASHING WINGS
- 4—HUGGING PENDULUM
- 5—REPEATED DEVASTATION
- 6—ENTANGLED WING
- 7—DEFYING THE STORM
- 8—RAKING MACE
- 9—SNAKING TALON
- 10—SHIELD AND MACE
- 11—RETREATING PENDULUM
- 12—TRIPPING ARROW
- 13—FALLEN CROSS
- 14—RETURNING THE STORM
- 15—CROSSED TWIGS
- 16—TWIST OF FATE
- 17—FLASHING MACE
- 18—GIFT OF DESTINY
- 19—WINGS OF SILK
- 20—GRIPPING TALON
- 21—GATHERING THE CLOUDS
- 22—DESTRUCTIVE TWINS
- 23—BROKEN RAM
- 24—CIRCLING THE HORIZON

FREESTYLE TECHNIQUES

B1aPdK; B1bPdK; B2aPdK; B2bPdK; B3aPdK; B3bPdK; b4aPdK; B4bPdK;
B5aPrK; B5bPrK; B6ahKbk; B6bhKbk; B1aPHrK; B1bPHrk; B2aPHrk; B2bPHrK;
B3aPHrK; B3bPHrK; B4aPHrK; B4bPHrK; B5aPHrK; B5bPHrK; B6ahKbkls; B6bhKbkls;
B1arKsrk; B1brKsrk; B3asKrKsrK; B3bsKrKsrK; B5atsKrK; B5btsKrK; B6arsK6hK;
B6brsK6hK;

FORMS & SETS

BLUE BELT 2 MAN SET
STRIKING SET 1
FINGER SET 1
LONG FORM 2
BOW SET 1,2,3,4, : DOUBLE STICK SET—1
IPPON KUMITE
BOXING HAMMERS—1: BOXING CRANES---1

ALL PREVIOUS REQUIREMENTS

