

Blue Belt Requirements

Kicks

- ___ 1. Half Wheel v4
- ___ 2. Inside Front Snap v4
- ___ 3. Lift Kick v4
- ___ 4. Slicing Wheel v4
- ___ 5. Inside Crescent v5
- ___ 6. Outside Crescent v5
- ___ 7. Spinning Front Snap v13
- ___ 8. Spinning Front Thrust v13
- ___ 9. Spinning Side Thrust v13
- ___ 10. Spinning Front Foot Wheel v13
- ___ 11. Spinning Heel Hook v13
- ___ 12. Spinning Outside Crescent 360 v13
- ___ 13. Slide Shuffle v8
- ___ 14. Forward 360 Wheel v13
- ___ 15. Outside Crescent to Wheel v6
- ___ 16. Inside Crescent to Side v6
- ___ 17. Inside Crescent to Spin Rear v6

Blocks

- ___ 1. Double Brush Parry Block v8
- ___ 2. Universal Blocks v8

Basics

- ___ 1. Corkscrew Punch Straight v11
- ___ 2. Corkscrew Punch Circular v11
- ___ 3. Punch Block v12
- ___ 4. Spinning Back-fist v12
- ___ 5. Step Through Spinning Back-fist v12
- ___ 6. Hard Bow Takedown Basic/Advanced v9
- ___ 7. Hip Roll Takedown v9
- ___ 8. Hip Throw Takedown v9
- ___ 9. Sweeps (Forward/Reverse) v11

Techniques

- ___ 1. Turning the Handle v1
- ___ 2. Bridging the Gap v1
- ___ 3. Advancing Phoenix (AB) v2
- ___ 4. 2 Headed Serpent v2
- ___ 5. Reversing Grasp (AB) v2
- ___ 6. Reaching for the Moon v3
- ___ 7. Flashing Daggers v3
- ___ 8. Bending the Limb v4
- ___ 9. Wrap Arounds (ABCD) v4
- ___ 10. Crouching Falcon v5
- ___ 11. Darting Serpent (ABC) v5
- ___ 12. Silk Wind v6
- ___ 13. Spreading the Leaves v6
- ___ 14. Crossing the Lock v6
- ___ 15. Darkness v8
- ___ 16. Spinning from the Sun v8
- ___ 17. Folding Wings v8
- ___ 18. Vise v9
- ___ 19. Swinging Gate v9
- ___ 20. Stretching the Bow v10
- ___ 21. Arcing Blades v10
- ___ 22. Circle of China v10
- ___ 23. Silent Escape (AB) v10
- ___ 24. Returning Viper v11
- ___ 25. Returning Thunder v11
- ___ 26. The Serpent v12
- ___ 27. Broken Staff v12
- ___ 28. Circling Serpent v12
- ___ 29. Chinese "L" Choke v13
- ___ 30. 5 Swords v13

(V #- refers to corresponding instructor's training series DVD)

Kata

- ___ 1. Long 2 v7
- ___ 2. Short 3 v14