



Techniques	Instructor	Introduced	Proficient to next rank	Tested <small>Date</small>
Peking Heel				
Lunging Bear				
Spinning Scorpion				
Deflecting The Iron Links A				
Crushing Gland				
Saber Tooth Claws				
Iron Thumbs				

Form	Instructor	Introduced	Proficient to next rank	Tested <small>Date</small>
Third Student Form				

Test Date: _____
 Tested By: _____
 Instructor: _____