

Techniques	Instructor	Introduced	Proficient to	Teste Date
Midas Head				
Plunging Darkness				
Outward Ridge to Upward Block Spotless Strike Drill				
Striking Mace A B C				
China Wrist				
Slashing Blade				
Tumbling Clouds A & B				
Double Downward snap kick, up- ward sidefist (ascending to heaven)				

Hand Weapons	Instructor	In- trod	Proficient to next	Teste Date
Outward Extended, side fist to Elbow				
Outward extended, side fist to el- bow Box Drill				
Double Downward to groin spear				
Double downward to groin spear drill				
Outward Ridge, to Upward Block Spotless strike				

N = Neutral FS = Fighting Stance SB = Stepping Back TS = To Side

Test Date:
Tested By:
Instructor: