

Techniques	Instructor	Intro-	Proffi-	TestedDate
Whirling Elbow R L				
Evading Overhead R L				
Locking Elbow A R L				
Locking Elbow B R L				
Over the Mountain				
Choke from behind				
Striking Asp				
Kimono Grab				
Hand Weapons				
Chop SF * SB * TS				
Hammer fist (over top, to side, to				
Ram's Head Punch SH * FS * SF				
Rolling Reverse SH * FS * SF				
Heel Palm SH * FS * SF				

N = Neutral FS = Fighting Stance SB = Stepping Back TS = To Side
SFR + Stepping forward right SFL= Stepping forward Left TR = To rear

Kicks	Instructor	In-	Profficient	Tested
Snap Kick FS * N * SB * TS				
Roundhouse Kick				
Knife edge N *FS (front leg and back)				
Rear Kick				
Rear Kick to Hammer Fist				
Knife edge drill				
Blocks				
Hard Downward Block w/ Valance				
Hard Outward/ Outward Extended SH * SF * SB * FS				
Hard Upward/Soft Upward				
Hard Inward Block / Inward chop				
Outward Extended Block				
Outward Extended Block Box Drill				
Hard Downward Block SH * SB * FS				

Test Date:
Tested By:
Instructor: