ADULT YELLOW TO ORANGE BELT

FUNDAMENTALS

STANCES AND FOOTWORK

- Half Moon Stance
- Half Moon Step
- Shuffle
- Cross and Cover
- Slap Out and Roll

KICKS

- Side Kick
- Shuffling Side Kick
- Back Kick
- Stepping Stool Kick

HAND STRIKES

- Thrust Punch
- Rolling Hammer
- Leopards Paw
- Chicken Wrist

BLOCKS

- Eight Point Counter Strikes

SELF DEFENSE

JIU JITSU'S

- "Teacher May I?"
- "The Chicken"
- "The Gunslinger"

COMBINATIONS

- Combination 8
- Combination 9

KEMPOS

- Crane
- Dragon

DISARMS

- Overhead #1

FORMS

- Pinan Two