



TECHNIQUES FOR YELLOW BELT

1. **DELAYED SWORD** – Front - Right Hand Lapel Grab or
Front – Right Step Through Punch
2. **ALTERNATING MACES** – Front – Two Hand Push
3. **SWORD OF DESTRUCTION** – Front – Left Roundhouse Punch
4. **DEFLECTING HAMMER** – Front - Right Thrusting Ball Kick
5. **CAPTURED TWIGS** – Rear – Bear Hug Arm Pinned
6. **THE GRASP OF DEATH** – Left Flank – Right Arm Headlock
7. **CHECKING THE STORM** - Front - Right Step Through Overhead
Club
8. **MACE OF AGGRESSION** – Front - Two Hand Lapel Grab Pulling In
9. **ATTACKING MACE** – Front – Right Step Through Punch
10. **SWORD AND HAMMER** – Right Flank – Left Hand Shoulder Grab
11. **AGGRESSIVE TWINS** – Front – Two Hand Front Push.
12. **SPREEDING BRANCH** - Rear – Bear Hug, Arms Pinned
13. **INTELLECTUAL DEPARTURE** – Front – Step Through Right Front
Kick

SHORT FORM #1

BLOCKING SET #1
