

Gold Belt Requirements

Stances

- Horse
- Fighting
- Forward
- **back**

Strikes

- palm heel
- inside hammerfist
- outside hammerfist
- front elbow
- rear elbow
- back fist
- inside chop
- outside chop
- horizontal punch
- vertical punch
- sliding punch
- inside ridge hand
- outside ridge hand
- web hand
- **inside eye rake**
- **outside eye rake**
- **chicken bite**
- **spearhand**
- **monkey paw**

Blocks

- upward
- inward
- outward
- downward
- shunt
- inside chop
- outside chop
- downward deflecting
- **chicken head**
- **snapping palm**
- **inside crane**
- **ridge hand**

- **side step outside chopping**

Kicks

- front snap
- front leg spin
- front thrust
- low/high spin
- rear leg spin
- back
- turn
- **side**
- **low/high side**
- **step side**
- **sliding side**
- **defensive side**

Defenses

- Breathing Easy
- Blind Freedom
- Slap Stick
- Skyward Hammer
- Falling Star
- Wounded Knee
- Broken Wing
- Cut Throat
- **Head Start**
- **Spinning Ram**
- **Center Cut**
- **Hand Jive**

Forms

- H-Form I
- **H-Form III**

“Be unto others as the thorn to the bush—sharp and ever-ready to protect the rose,
yet at peace and seeking no confrontation.”