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_____ 001. DELAYED SWORD	Right Hand Shirt Grab
_____ 002. ALTERNATING MACES	Two Hand Chest Push
_____ 003. SWORD OF DESTRUCTION	Left Roundhouse Punch
_____ 004. DEFLECTING HAMMER	Right Step-through Front Kick
_____ 005. CAPTURED TWIGS	Rear Bear Hug Arms Pinned

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### FORMS & SETS

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\_\_\_\_\_ Block Set A

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### BASICS

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<u>STRIKES</u> Inward Chop Outward Chop Inward Elbow Obscure Elbow Backfist Hammerfist (Inward)	<u>PUNCHES</u> Jab Cross Thrusting Horizontal Snapping Horizontal	<u>BLOCKS</u> Upward Inward Outward Extended Downward	<u>STANCES</u> Set / Attention Natural Horse Neutral Bow Forward Bow Cat
<u>GREETINGS</u> Bow Salute Short	<u>MANEUVERS</u> Drag Step Step Drag Single Cover Out Backfall	<u>KICKS</u> Front Snap Side Snap Roundhouse	

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### WHITE BELT MOTTO

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ALWAYS GET BETTER