



TECHNIQUES

___ ___ 031. TWIN KIMONO	Two Hand Lapel Grab, Pushing Out
___ ___ 032. PARTING WINGS	Two Hand Chest Push
___ ___ 033. THUNDERING HAMMERS	Right Step-through Punch
___ ___ 034. SWINGING PENDULUM	Right Step-through Roundhouse Kick
___ ___ 035. OBSCURE WING	Left Hand, Right Shoulder Grab (Rear, Close)
___ ___ 036. GRIP OF DEATH	Left Side, Right Arm Headlock

___ ___ 037. OBSTRUCTING THE STORM	Right Overhead Club Strike
___ ___ 038. DARTING MACE	Two Hand Right Wrist Grab
___ ___ 039. HOOKING WINGS	Two Hand Push
___ ___ 040. SHIELD AND SWORD	Left Step-In Punch
___ ___ 041. CIRCLING WING	Rear Two-Hand Choke
___ ___ 042. CHARGING RAM	Front Tackle

FORMS & SETS

___ ___ Universal Form Four

___ ___ Finger Set

A blue belt should be able to perform their Art with precision and fluidity. Like the water that inspires the color of the belt, and blue belt must be able to flow from one move to the next without pausing to think (think as you move! It's harder than it sounds!)

BLUE BELT MOTTO

"I shall never let pride rule my passions, and will defend with all the skill I possess: the weak, the helpless, and the oppressed. I pledge an unswerving loyalty to the association and my instructor. In addition, I pledge an unending effort to earn the self-same loyalty to those who look to me for training"

