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_____ 006. MACE OF AGGRESSION	Two-Hand Shirt Grab and Pull In
_____ 007. SWORD AND HAMMER	Right Side, Left Hand Rear Shoulder Grab
_____ 008. CHECKING THE STORM	Two-Hand Overhead Club Attack
_____ 009. GRASP OF DEATH	Right Side Attempted Headlock
_____ 010. ATTACKING MACE	Right Step-Thru Punch

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### FORMS & SETS

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\_\_\_\_\_ Kick Set A

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### BASICS

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STRIKES  
Outward Elbow  
Reverse Handword  
Downward Hammerfist

PUNCHES  
Hook  
Vertical Thrusting  
Vertical Snapping

BLOCKS  
Outward Vertical  
Back Elbow  
Push Down

MANEUVERS  
Step Through  
Bridge & Roll  
Side Fall

KICKS  
Step-Through Front  
Step-Through Side  
Front-leg Roundhouse  
Muay Thai Roundhouse

STANCES  
Close Kneel

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### YELLOW BELT MOTTO

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TRAIN HARD, TRAIN REGULARLY, TRAIN INTELLIGENTLY, AND  
MAKE NO EXCUSES