



___ ___ 023. GLANCING SALUTE	Right Hand Cross Push
___ ___ 024. FIVE SWORDS	Right Step-through Roundhouse Punch
___ ___ 025. SCRAPING HOOF	Attempted Full Nelson
___ ___ 026. STRIKING SERPENT'S HEAD	Front Bear Hug, Arms Free
___ ___ 028. REPEATING MACE	Left Hand Cross Push

FORMS & SETS

___ ___ Finger Set

BASICS

<u>STRIKES</u>	<u>KICKS</u>	<u>MANUEVERS</u>	<u>BLOCKS</u>
Overhead Claw	Hook	Sweeps	Inside Downward
Lifting Heel Palm	Reverse Roundhouse	Front fall	(palm up and palm down)
Horizontal Finger Thrust		Side roll	
Vertical Finger Thrust		Reverse Bow	
Horizontal Heel Palm			

BLUE BELT MOTTO

MASTERY IS A PROCESS OF RENEWAL
