



1st Dan Black Belt Course

Techniques

Weapons:	1. Capturing the Storm 2. Evading the Storm 3. Defying the Storm	Overhead Club Overhead Club Roundhouse Club
Kicks	4. Detour from Doom	Right kick
Bear Hugs	5. Squatting Sacrifice	Rear Bear Hug Arms Free
Locks:	6. Twirling Sacrifice	Attempted Nelson
Two Man	7. Courting the Tiger 8. Remarriage of the Rams 9. Tripping the Bear	Left and Right arm grabs Left and Right shoulder grabs Front punch and attempted rear choke
Punches:	10. Shield and Sword 11. Shield and Mace 12. Unfolding the Darkness 13. Circling Destruction 14. Reversing Mace 15. Repeating Mace 16. Kneel of Compulsion	Right Punch Right Punch Right punch from left rear flank Left Punch Left Punch Left punch Flank right punch

Sets

Forms

Hand Set	Short Form One (Blocking	Form Six (Two-man)
Foot Set	Form) (R & L)	Own Form
Blocking Set	Form One	Weapon Form (Short stick or Long stick)
Elbow Set	Form Two (R & L)	
Punch Set	Form Three	
Finger Set	Form Four (Kick Form) Form Five	Optional: Book form (Old form six)

Basics

As per Basics Sheet

Sparring

Free Style Sparring Sequences A to S

Combinations

Techniques against Right Punch using any four weapons from the hand and foot sets.