



Junior course – ages 7 to 11 years.

Yellow Stripe

Sets
Hand Set
Foot Set
Block Set
Stance Set

Foot Manoeuvres
Step-through
Switch
Cover

Sparring sequences
1. Front punch
2. Reverse punch
3. Double punch

Orange Stripe

Sets
Hand Set with foot manoeuvres.
Foot Set with foot manoeuvres.
Block Set with foot manoeuvres.
Stance Set

Foot Manoeuvres
Step-through
Switch
Cover

Combinations
Sets with step-through

Sparring sequences
1. Front punch
2. Reverse punch
3. Double punch
4. Back-leg roundhouse kick to back
5. Front roundhouse kick

Forms
Short form one (Right and Left sides)



Purple Stripe

Sets
Hand Set static and moving
Foot Set static and moving
Block Set static and moving
Stance Set
Elbow Set

Foot Manoeuvres
Step-through
Switch
Cover
Front Crossover
Rear Crossover

Sparring sequences
1. Front punch
2. Reverse punch
3. Double punch
4. Back-leg roundhouse kick to back
5. Front roundhouse kick
6. Reverse punch (matched Stances)
7. Reverse punch (unmatched Stances)
8. Back knuckle strike

Forms
Short Form One
Form One (Moves 1 to 10)



Blue Stripe

Sets

Hand Set static and moving
Foot Set static and moving
Block Set static and moving
Stance Set
Elbow Set

Foot Manoeuvres

Step-through
Switch
Front Switch
Rear Switch
Cover
Front Crossover
Rear Crossover
Step-drag
Push-drag
Drag-step

Sparring sequences

1. Front punch
2. Reverse punch
3. Double punch
4. Back-leg roundhouse kick to back
5. Front roundhouse kick
6. Reverse punch (matched Stances)
7. Reverse punch (unmatched Stances)
8. Back knuckle strike
9. Step across body kick
10. Thrust kick

Forms

Short Form One
Form One (complete)



Green Stripe

Sets

Hand Set static and moving
Foot Set static and moving
Block Set static and moving
Stance Set
Elbow Set
Punch Set

Foot Manoeuvres

Step-through
Switch
Front Switch
Rear Switch
Cover
Front Crossover
Rear Crossover
Step-drag
Push-drag
Drag-step

Sparring sequences

1. Front punch
2. Reverse punch
3. Double punch
4. Back-leg roundhouse kick to back
5. Front roundhouse kick
6. Reverse punch (matched Stances)
7. Reverse punch (unmatched Stances)
8. Back knuckle strike
9. Step across body kick
10. Thrust kick
11. Defence against double punch (matched stances)
12. Defence against double punch (unmatched stances)

Forms

Short Form
Form One
Form Two (First half)



Brown Stripe

Sets

Hand Set static and moving
Foot Set static and moving
Block Set static and moving
Stance Set
Elbow Set
Punch Set

Foot Manoeuvres

Step-through
Switch
Front Switch
Rear Switch
Cover
Front Crossover
Rear Crossover
Step-drag
Push-drag
Drag-step

Sparring sequences

1. Front punch
2. Reverse punch
3. Double punch
4. Back-leg roundhouse kick to back
5. Front roundhouse kick
6. Reverse punch (matched Stances)
7. Reverse punch (unmatched Stances)
8. Back knuckle strike
9. Step across body kick
10. Thrust kick
11. Defence against double punch (matched stances)
12. Defence against double punch (unmatched stances)
13. Reverse roundhouse kick
14. Spinning heel kick

Forms

Short Form
Form One
Form Two (Complete)



Black Stripe

Sets

Hand Set static and moving
Foot Set static and moving
Block Set static and moving
Stance Set
Elbow Set
Punch Set

Foot Manoeuvres

Step-through
Switch
Front Switch
Rear Switch
Cover
Front Crossover
Rear Crossover
Step-drag
Push-drag
Drag-step

Sparring sequences

1. Front punch
2. Reverse punch
3. Double punch
4. Back-leg roundhouse kick to back
5. Front roundhouse kick
6. Reverse punch (matched Stances)
7. Reverse punch (unmatched Stances)
8. Back knuckle strike
9. Step across body kick
10. Thrust kick
11. Defence against double punch (matched stances)
12. Defence against double punch (unmatched stances)
13. Reverse roundhouse kick
14. Spinning heel kick

Forms

Short Form One Right and Left sides
Form One (complete)
Form Two (Complete)
Form Three (Complete)



Junior Course (11 to 15 years)

8th Kyu – Junior Yellow Belt Course

Sets	Forms	Foot Manoeuvres
Hand Set Foot Set Stance Set Blocking Set (Star Block) Elbow Set	Short Form One (Blocking Form) (R & L)	Step-through, Switch, Cover, Crossovers
Sparring	Free Style Sparring Sequences 1 - 3	

7th Kyu – Junior Orange Belt Course

Sets	Forms	Foot Manoeuvres
Hand Set Foot Set Stance Set Blocking Set (Star Block) Elbow Set	Short Form One (Blocking Form) (R & L) Form One (First Half)	Step-through, Switch, Cover, Crossovers
Sparring	Free Style Sparring Sequences 1 to 6	

6th Kyu – Junior Purple Belt Course

Sets	Forms	Foot Manoeuvres
Hand Set Foot Set Stance Set Blocking Set (Star Block) Elbow Set	Short Form One (Blocking Form) (R & L) Form One	Step-through, Switch, Cover, Crossovers, Step-drag,
Sparring	Free Style Sparring Sequences 1 to 9	



5th Kyu – Junior Blue Belt Course

Techniques

Grabs:	1. Single Wrist Grab	Left hand
	2. Single Wrist Grab	Right hand
	3. Double Wrist Grab	Both Hands
	4. Delayed Sword	Right hand lapel grab
Strikes:	5. Overhead Weapon	Stepping in
	6. Overhead Weapon	Stepping back
Bear Hugs	7. Rear Bear hug	Arms pinned high
	8. Rear Bear hug	Arms pinned low
Kicks:	9. Straight right kick	Using block
	10. Straight right kick	Using kick

Sets

Hand Set
Foot Set
Stance Set
Blocking Set
Elbow Set
Punch Set

Forms

Short Form One (R & L)
Form One
Form Two (First half)

Foot Manoeuvres

Step-through, Switch, Cover, Crossovers, Step-drag, Push-drag, Drag-step

Sparring

Free Style Sparring Sequences 1 to 12



4th Kyu – Junior Green Belt Course

Techniques

Punches	1. Shielding Hammer	Left Hooking Punch
	2. Dance of Death	Right Punch
	3. Raining Claw	Right Uppercut
Kicks	4. Thrusting Salute	Right Kick
	5. Buckling Branch	Left Kick
Grabs	6. Clutching Feathers	Left Hair Grab
	7. Obscure Wing	Side Shoulder Grab
	8. Obscure Sword	Left Hand Shoulder Grab

Sets

Hand Set
Foot Set
Blocking Set
Stance Set
Elbow Set
Punch Set

Forms

Short Form One (R & L)
Form One
Form Two

Foot Manoeuvres

Step-through, Switch,
Cover, Crossovers, Step-
drag, Push-drag, Drag-
step

Sparring

Free Style Sparring Sequences 1 to 14

Notes:

1. **Dance of Death:** Leave out the take-down.



3rd Kyu – Junior Brown Belt Course

Techniques

Grabs	1. Menacing Twirl 2. Lone Kimono	Rear Belt Grab Left Hand Lapel Grab
Weapons	3. Returning the Storm	Roundhouse & Backhand Club Attack
Holds	4. Gift of Destruction 5. Twisted Twig 6. Bow of Compulsion	Right Wrist Grab Front Wrist Lock Front Wrist Lock
Ground Defence	7. Encounter with Danger 8. Leap from Danger	Ground attack – Front Ground attack – Rear

Sets

Hand Set
Foot Set
Blocking Set
Stance Set
Elbow Set
Punch Set

Forms

Short Form One (R & L)
Form One
Form Two
Form Three (First Half)

Foot Manoeuvres

Step-through, Switch,
Cover, Crossovers, Step-
drag, Push-drag, Drag-
step

Sparring

Free Style Sparring Sequences 1 to 14

Notes:

- 1. Encounter with Danger and Leap from Danger:** As these are ground techniques i.e performed after an assailant has pushed you to the ground, it is important to instruct students how to fall and roll when teaching these two techniques.



2nd Kyu – Junior Brown Belt Course

Techniques

Pushes:	1. Triggered Salute	Straight Right Push
Bear Hugs:	2. Crashing Wings	Rear Bear hug (Arms Free)
	3. Striking Serpent's Head	Front Bear hug (Arms Free)
	4. Crushing Hammer	Rear Bear hug (Arms Pinned)
Chokes	5. Twirling Wings	Rear Choke
	6. Circling Wing	Rear Choke
Punches:	7. Five Swords	Right hooking punch
Grabs:	8. Crossing Talon	Right Crossed Wrist Grab

Sets

Sets	Forms	Foot Manoeuvres
Hand Set	Short Form One (R & L)	Step-through, Switch, Cover, Crossovers,
Foot Set	Form One	Step-drag, Push-drag, Drag-step
Blocking Set	Form Two	
Stance Set	Form Three	
Elbow Set		
Punch Set		

Sparring

Free Style Sparring Sequences 1 to 14

Notes:

1. **Crashing Wings** and **Crushing Hammer**: Leave out the take down.



1st Kyu – Junior Brown Belt Course

Techniques

Grabs	1. Fatal Cross 2. Crossed Twigs 3. Conquering Shield	Attempted Waist Grab Rear Two-hand Grab to Wrists Left stiff-arm Lapel Grab
Locks:	4. Locked Wing 5. Wings of Silk	Hammer Lock Rear Two-arm Lock
Holds:	6. Scraping Hoof 7. Grip of Death	Attempted Full Nelson Side Head Lock
Kicks: Kicks	8. Circle of Doom 9. Hugging Pendulum 10. Retreating Pendulum	Right Kick Straight Right Kick Straight Right Kick
Pushes:	11. Twist of Fate 12. Glancing Salute	Front Two Hand Push Cross Push Right Hand

Sets

Hand Set
Foot Set
Blocking Set
Stance Set
Elbow Set
Punch Set

Forms

Short Form One (R & L)
Form One
Form Two
Form Three
Form Four (First half)

Foot Manoeuvres

Step-through, Switch,
Cover, Crossovers, Step-
drag, Push-drag, Drag-
step

Sparring

Free Style Sparring Sequences 1 to 14



Junior Black Belt Course

Techniques

Punches:	1. Taming The Mace	Right Punch - back to a wall
	2. Obscure Mace	Flank Right Punch
	3. Glancing Wing	Left Uppercut
	4. Thundering Hammer	Right Punch
Chokes:	5. Cross Of Death	Two Hand Cross Choke
	6. Heavenly Ascent	Two Hand Choke
Grabs	7. Gift In Return	Wrist Grab
	8. Broken Gift	Wrist Grab
	9. Begging Hands	Double Wrist Grab
	10. Hooking Wings	Attempted Waist Grab
Weapons:	11. Securing The Storm	Roundhouse Club
Locks:	12. Locking Horns	Front Headlock

Sets

Hand Set
Foot Set
Blocking Set
Stance Set
Elbow Set
Punch Set

Forms

Short Form One (R & L)
Form One
Form Two
Form Three
Form Four

Foot Manoeuvres

Step-through, Switch,
Cover, Crossovers, Step-
drag, Push-drag, Drag-
step

Sparring

Free Style Sparring Sequences 1 to 14

Notes:

- Begging Hands:** Leave out the take-down.
- Locking Horns:** Leave out the neck-break and the throw. Finish the technique with a double knee strike to the head and cover out.

