



## 3<sup>rd</sup> Kyu – Blue Belt Course

### Techniques

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Kicks:	1. Hugging Pendulum	Straight Right Kick
	2. Retreating Pendulum	Straight Right Kick
Pushes:	3. Twist of Fate	Front Two Hand Push
	4. Glancing Salute	Cross Push Right Hand
Punches:	5. Taming The Mace	Right Punch - back to a wall
	6. Obscure Mace	Flank Right Punch
	7. Glancing Wing	Left Uppercut
	8. Thundering Hammer	Right Punch
Chokes:	9. Cross Of Death	Two Hand Cross Choke
	10. Heavenly Ascent	Two Hand Choke
Grabs	11. Gift In Return	Wrist Grab
	12. Broken Gift	Wrist Grab
	13. Begging Hands	Double Wrist Grab
	14. Hooking Wings	Attempted Waist Grab
Weapons:	15. Securing The Storm	Roundhouse Club
Locks:	16. Locking Horns	Front Headlock

### Sets

Hand Set  
Foot Set  
Blocking  
Elbow Set  
Punch Set

### Forms

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

### Basics

As per Basics Sheet

### Sparring

Free Style Sparring Sequences A to M

### Note:

1. **Locking Horns:** Leave out the neck-break and the throw. These can be reintroduced at Black Belt level. At this grade the technique can finish with a double knee strike to the head and cover out.