

BLUE BELT

1. Knee Sweep
2. Sleeper
3. Thundering Hammers
4. Five Swords
5. Uncovering The Flame
6. Covering The Flame
7. Two Heading Serpent
8. Three Winds Claw & Fist
9. Rocker
10. Double Blades
11. Silk Wind
12. Clawing Panther
13. Leap Of Death
14. Chinese Thumbscrew
15. Parting The Waves
16. Flashing Daggers
17. Plucking A Bird From The Sky
18. Striking Asp
19. Falling Heel
20. Dropping Blades
21. Monkey Elbow
22. The Phoenix
23. Darting Serpent
24. Missing The Leap
25. Leveling The Clouds
26. Hidden Fist
27. Circling The Sun
28. Seven Swords
29. Folding Wings
30. Kung Fu Wrist

KATAS

Short 3

Long 2