

BELTS	FORMS	SETS	TECHNIQUES			
Yellow	Short Form 1 (both sides)	Blocking Set 1	Delayed Sword Alternating Maces Sword of Destruction Deflecting Hammer	Captured Twigs Grasp of Death Checking the Storm Mace of Aggression	Attacking Mace Sword and Hammer *Spreading Branch *Intellectual Departure	
Orange	Long Form 1	Kicking Set 1 Stance Set 1	Clutching Feathers Triggered Salute Dance of Death Thrusting Salute	Gift of Destruction Locking Horns Evading the Storm Lone Kimono	Glancing Salute Five Swords Scraping Hoof Grip of Death	Repeating Mace Shielding Hammer Striking Serpent's Head Crashing Wings
Purple	Short Form 2	Stance Set 1 Coordination Set 1	Twirling Wings Snapping Twig Leaping Crane Buckling Branch	Crushing Hammer Captured Leaves Calming the Storm Crossing Talon	Reversing Mace Thrusting Prongs Locked Wing Obscure Wing	Raining Claw Spiraling Twig Twisted Twig Obscure Sword
Blue	Long Form 2	Finger Set 1 Striking Set 1	Twin Kimono Parting Wings Thundering Hammers Swinging Pendulum	Squeezing the Peach Circling Wings Obstructing the Storm Darting Mace	Hooking Wings Shield and Sword Gift in Return Bow of Compulsion	Charging Ram Sleeper Cross of Destruction Flight to Freedom
Green	Short Form 3	Coordination Set 2 Blocking Set 2	Begging Hands Thrusting Wedge Flashing Wings Hugging Pendulum	Repeating Devastation Destructive Twins Defying the Storm Crossed Twigs	Snaking Talon Shield and Mace Retreating Pendulum Tripping Arrow	Wings of Silk Conquering Shield Entangled Wing Raking Mace
Brown (3rd)	Long Form 3	Kicking Set 2 Basic knowledge - rules and principles of motion	Dominating Circles Twist of Fate Flashing Mace Detour from Doom Gift of Destiny	Blinding Sacrifice Returning the Storm Glancing Spear Encounter with Danger Gathering Clouds	Circle of Doom Squatting Sacrifice Fallen Cross Brushing the Storm Desperate Falcons	Circling the Horizon Gripping Talon Broken Ram Circling Destruction Obscure Claws
Brown (2nd)	Long Form 3	Stance Set 2	Menacing Twirl Leap from Danger Circles of Protection Rotating Destruction Broken Gift	Escape from Death Capturing the Storm Intercepting the Ram Back Breaker Deceptive Panther	Twirling Sacrifice Heavenly Ascent Securing the Storm Falling Falcon Taming the Mace	Defensive Cross Cross of Death Kneel of Compulsion Bowling to Buddha Glancing Wing
Brown (1st)	Long Form 4 (1st half)	Striking Set 2	Fatal Cross Thrust into Darkness Circling Fans Dance of Darkness Falcons of Force	Bear and the Ram Clipping the Storm Circling Windmills Leap of Death Protecting Fans	Reversing Circles Courting the Tiger Gathering of Snakes Raining Lance Destructive Fans	Unfurling Crane Unwinding Pendulum Grasping Eagles Parting of Snakes Glancing Lance
Black (1st)	Long Form 4 (full)	Finger Set 2 Kicking Set 2	Destructive Kneel Entwined Maces Marriage of the Rams Ram and the Eagle Escape from the Storm	Thrusting Lance Capturing the Rod Prance of the Tiger Fatal Deviation Snakes of Wisdom	Reprimanding the Bears Circling the Storm Entwined Lance Broken Rod Twirling Hammers	Piercing Lance Unfolding the Dark Defying the Rod Escape from Darkness Twisted Rod