

Date Started _____ Date Completed _____

YELLOW

		Reviewed	Self Grading	Comments
	Stripe Techniques			
1	Delayed Sword			
2	Alternating Maces			
3	Sword of Destruction			
4	Deflecting Hammer			
5	Captured Twigs			
	Belt Techniques			
6	The Grasp of Death			
7	Checking the Storm			
8	Mace of Aggression			
9	Attacking Mace			
10	Sword and Hammer			

Linear Short 1

Blocking Set

Short Form One L & R

ORANGE

		Reviewed	Self Grading	Comments
	Stripe Techniques			
1	Clutching Feathers			
2	Triggered Salute			
3	Dance of Death			
4	Thrusting Salute			
5	Gift of Destruction			
6	Locking Horns			
7	Evading the Storm			
8	Lone Kimono			
	Belt Techniques			
9	Glancing Salute			
10	Five Swords			
11	Scraping Hoof			
12	Grip of Death			
13	Repeating Mace			
14	Shielding Hammer			
15	Striking Serpent's Head			
16	Crashing Wings			

Kicking Set

Long Form One L & R

PURPLE		Reviewed	Self Grading	Comments
Stripe Techniques				
1	Twirling Wings			
2	Snapping Twig			
3	Leaping Crane			
4	Buckling Branch			
5	Crushing Hammer			
6	Captured Leaves			
7	Calming the Storm			
8	Crossing Talon			
Belt Techniques				
9	Reversing Mace			
10	Thrusting Prongs			
11	Locked Wing			
12	Obscure Wing			
13	Raining Claw			
14	Spiraling Twig			
15	Twisted Twig			
16	Obscure Sword			

Stance Set 1

Coordination Set 1

Short Form 2 R & L

BLUE		Reviewed	Self Grading	Comments
Stripe Techniques				
1	Twin Kimono			
2	Parting Wings			
3	Thundering Hammers			
4	Swinging Pendulum			
5	Squeezing the Peach			
6	Circling Wing			
7	Obstructing the Storm			
8	Darting Mace			
Belt Techniques				
9	Hooking Wings			
10	Shield and Sword			
11	Gift in Return			
12	Bow of Compulsion			
13	Charging Ram			
14	Sleeper			
15	Cross of Destruction			
16	Flight to Freedom			

Striking Set 1

Finger Set 1

Long Form 2 L & R

GREEN		Reviewed	Self Grading	Comments
Stripe Techniques				
1	Begging Hands			
2	Thrusting Wedge			
3	Flashing Wings			
4	Hugging Pendulum			
5	Repeating Devastation			
6	Destructive Twins			
7	Defying the Storm			
8	Crossed Twigs			
Belt Techniques				
9	Snaking Talon			
10	Shield and Mace			
11	Retreating Pendulum			
12	Tripping Arrow			
13	Wings of Silk			
14	Conquering Shield			
15	Entangled Wing			
16	Raking Mace			

Coordination Set 2

Blocking Set 2

Short Form 3

3rd Brown		Reviewed	Self Grading	Comments
Belt Techniques				
1	Dominating Circles			
2	Twist of Fate			
3	Flashing Mace			
4	Detour from Doom			
5	Gift of Destiny			
6	Blinding Sacrifice			
7	Returning Storm			
8	Glancing Spear			
9	Encounter with Danger			
10	Gathering Clouds			
11	Circle of Doom			
12	Squatting Sacrifice			
13	Fallen Cross			
14	Brushing the Storm			
15	Desperate Falcons			
16	Circling the Horizon			
17	Gripping Talon			
18	Broken Ram			
19	Circling Destruction			
20	Obscure Claws			

Kicking Set 2

Long Form 3 R & L

Basic Staff

2nd Brown		Reviewed	Self Grading	Comments
Techniques				
1	Menacing Twirl			
2	Leap from Danger			
3	Circles of Protection			
4	Rotating Destruction			
5	Broken Gift			
6	Escape from Death			
7	Capturing the Storm			
8	Intercepting the Ram			
9	Back Breaker			
10	Deceptive Panther			
11	Twirling Sacrifice			
12	Heavenly Ascent			
13	Securing the Storm			
14	Falling Falcon			
15	Taming the Mace			
16	Defensive Cross			
17	Cross of Death			
18	Kneel of Compulsion			
19	Bowing to Buddah			
20	Glancing Wing			

Staff Set

Stance Set 2

1st Brown

1st Brown		Reviewed	Self Grading	Comments
Techniques				
1	Fatal Cross			
2	Thrust Into Darkness			
3	Circling Fans			
4	Dance of Darkness			
5	Falcons of Force			
6	Bear and the Ram			
7	Clipping the Storm			
8	Circling Windmills			
9	Leap of Death			
10	Protecting Fans			
11	Reversing Circles			
12	Courting the Tiger			
13	Gathering of the Snakes			
14	Raining Lance			
15	Destructive Fans			
16	Unfurling Crane			
17	Unwinding Pendulum			
18	Grasping Eagles			
19	Parting of the Snakes			
20	Glancing Lance			

Striking Set Two

Two Man Set

1st Black

	Reviewed	Self Grading	Comments
Techniques			
1 Destructive Kneel			
2 Entwined Maces			
3 Marriage of the Rams			
4 The Ram and the Eagle			
5 Escape from the Storm			
6 Thrusting Lance			
7 Capturing the Rod			
8 Prance of the Tiger			
9 Fatal Deviation			
10 Snakes of Wisdom			
11 Reprimanding the Bears			
12 Circling the Storm			
13 Entwined Lance			
14 Broken Rod			
15 Twirling Hammers			
16 Piercing Lance			
17 Unfolding the Dark			
18 Defying the Rod			
19 Escape from Darkness			
20 Twisted Rod			