



Pa Chi

Students Name _____ Student# _____

DEFENSE COMBINATIONS		
FENDING OFF		
COVER THEORIES ABC		
STANCE		
SQUARE HORSE		
FIGHTING HORSE		
DROPPING POSITION		
KNEELING POSITION		
FIGHTING CAT		
CLOSED CAT		
FRONT CRANE		
SIDE CRANE		
HIDDEN FOOT		
MOVEMENT		
FORWARD MOVEMENT		
BACKWARD MOVEMENT		
SHUFFLE ADVANCE		
SHUFFLE RETREAT		
45 DEGREES FORWARD		
SIDWAYS		
CROSSING OVER		
CROSSING BACK		
DEFENSIVE BLOCKS		
INWARD		
OUTWARD		
UPWARD		
DOWNWARD		
EXTENDED OUTWARD		
PARRY		
HAND STRIKES (CLOSED)		
FORE KNUCKLE PUNCH		
FORE KNUCKLE RAKE		
HAMMER FIST		
REVERSE HAMMER FIST		
BACK KNUCKLE		
HALF FIST		
THUMBLESS FIST		
MIDDLE KNUCKLE FIST		

HAND STRIKES (OPEN)		
KNIFE HAND CHOP		
REVERSE KNIFE HAND		
KNIFE HAND THRUST		
FINGER THRUST		
TIGER CLAW		
PALM HEEL		
PALM		
KNEE STRIKES		
RISING		
WHEEL		
KICKS		
FRONT		
WHEEL		
SIDE		
REAR		
Punches		
JAB - FRONT HAND - '1'		
STRAIGHT - BACK HAND - '2'		
COMBINATION - '1','2'		
ADVANCE STANCES		
BOW		
REVERSE BOW		
TECHNIQUES		
KIMONO GRAB		
LOCKING THE ARM <i>ABCDE</i>		
CHOP TO THE RIGHT		
OPPONENTS AT SIDES <i>ABC</i>		
DANCER		
Community Service Project		
At home to do list		



Pa Chi

Students Name _____ Student# _____

KATA	
PA CHI SHORT (SHORT 1)	
16 COUNT BLOCK	
TEST INFORMATION	
PRE-TEST GRADE	
TEST GRADE	
VALUES	
COURAGE	DISCIPLINE
PAID FOR BELT TEST	
VALUES REPORT	
'INTENT TO PROMOTE' FORM	
PRE-TEST SCORES	
PUSH-UPS	
SIT-UPS	
MONKEY PUNCHES RIGHT	
MONKEY PUNCHES LEFT	
Squat jumps	





CH'I CHI

Student Name: _____

Student Number _____

Jr Techniques		Attack
1	THE SUMO	2 Hand Grab Waist
2	INWARD DEFENSE ABCD	R Punch, R Foot Lead
3	THE ANVIL	2 Hand Wrist Grab
4	CRANE KICK	R Punch, L Foot Lead
	Track Test	
5	ENCIRCLING ARMS SET1 ABCD	Tackle
6	CRASHING ELBOW AB	R Punch, R Foot Lead
7	BEARHUG FREE IN FRONT ABCD	Bearhug From Front, Arms Free
8	GROUND DEFENSE ABCD	Break Falls
	Track Test	
9	OUTWARD DEFENSE ABCD	L Punch, L Foot Lead
10	EAGLE'S BEAK AB	L Shld. Grab From R Side
11	KICK BLOCKS ABC	A)3 Front B)Lift C)3 Wheel
12	BEARHUG PINNED IN FRONT AB	Bearhug From Front, Arms Pinned
	Track Test	
13	ATTACKING CIRCLE ABC	Clock drill
14	ENCIRCLING ARMS SET 2 ABC	Tackle, Wall Behind You
15	COVERS A1 A2 B1 B2	A)Kick & Cover Drill B)4 Strike Drill
16	FULL NELSON AB	Under Arms Behind Neck
17	CRASH OF THE EAGLE SET 1 ABCD	2 Hand Grab From Behind
18	BEARHUG FREE IN BACK AB	Bearhug From Back, Arms Free

Kata	
	LITTLE TIGER
	CH'I CHI LONG
Kumite Concepts	
	BACK KNUCKLE (HEAD)
	UPSIDE DOWN PUNCH (BODY)
	FLIP WHEEL (GROIN)

Ground Techniques	
	Mount- Rear Choke
	Double Leg
	Guard- Front Choke



CH'I CHI

Student Name: _____

Student Number _____

KATA	
	LITTLE TIGER

KATA	
	CH'I CHI LONG (LONG 1)

TEST INFORMATION		
PRE-TEST GRADE		
TEST GRADE		
VALUE		
HONESTY		
Food Drive		
VALUES REPORT		
'INTENT TO PROMOTE' FORM		
Written Test		
PRE-TEST SCORES		
PUSH-UPS		
SIT-UPS		
MONKEY PUNCHES RIGHT		
MONKEY PUNCHES LEFT		
SQUAT Jumps		



LIU CHI

Student Name: _____ Student Number _____

Jr	Techniques	Attack
1	MONKEY ELBOW	R Punch From R Side
2	BRUSH OF DANGER ABC	L Grab To Right Shld., R Punch
3	STRIKING ASP ABC	2 Hand Front Grab, Pull
4	HEAD LOCK ABC	R Arm Head Lock
5	BEARHUG PINNED IN BACK AB	Bearhug From Back, Arms Pinned
	Track Test	
6	THE MANTIS	L Punch, L Foot Lead, From R Side
7	BROKEN STAFF	L Grab R Shld. From R Rear 45
8	THE CUB ABC	L Forearm Choke From Back
9	RISING KICK	Over Head R Hand Club
10	CRASH OF THE EAGLE SET 2 ABC	2 Hand Grab From Behind, Let's Go
	Track Test	
11	CUTTING THE PAGODA	R Hand Club To Head
12	THE BRIDGE AB	2 Hand Grab From Behind
13	CROSSING TALON	R Hand Grab To R Wrist
14	WHIRLING MANTIS	Clock drill
15	JAPANESE HAND	R Punch, R Lead
	Track Test	
16	EAGLE PIN	BFIB, Punch From Front
17	OPENING COWL AB-C1234	2 Hand Grab From Behind
18	STRIKING THE SERPENT	R Punch, R Foot Lead
19	GRASPING TALON #1 AB	R Hand Grab To R Wrist
20	PURPLE MAT WORK ABC	Push From Behind

KATA	
	LITTLE CRANE
	LIU CHI SHORT
	LIU CHI LONG
KUMITE CONCEPTS	
	HIGH - BACK KNUCKLE (HEAD)
	MIDDLE OR LOW
	DRAWING IN (MIDDLE FOLD)
	Feints



LIU CHI

Student Name: _____ Student Number _____

KATA	
	LIU CHI SHORT (SHORT 2)

KATA	
	LIU CHI LONG (LONG 2)

LITTLE CRANE	
VALUE	
RESPECT	
Aluminum Can Drive	
VALUES REPORT	
'INTENT TO PROMOTE' FORM	
Written Test	
PRE-TEST SCORES	
PUSH-UPS	
SIT-UPS	
MONKEY PUNCHES RIGHT	
MONKEY PUNCHES LEFT	
SQUAT Jumps	



WU CHI

Student Name: _____ Student Number _____



WU CHI

Student Name: _____ Student Number _____

Jr	Techniques	Attack
1	SHACKLE BREAK AB	2 Hand Wrist Grab From Behind
2	BOWING TO THE BUDDHA AB	R Lift Kick To Head
3	CRANE LEAP AB	Aggressive R Hand Shake
4	TEMPLE SHOT	R Punch, R Foot Lead
5	FLASHING DAGGERS	2 Hand Push From Front
	Track Test	
6	KUNG FU WRIST	2 L Hand Wrist Grabs From Sides
7	THE SICKLE	R Club Attack From Front
8	PRAYER OF DEATH	R Lift Kick From Front
9	CIRCLE OF CHINA	R Lift Kick To Head
	Track Test	
10	THE DRAWBRIDGE AB	R Grab To Your L Shld.
11	SALUTING RIGHT PUNCH	R Punch, R Foot Lead
12	ASCENDING TO HEAVEN AB	A) No Attack B) Charge
13	CHINESE EL	L Grab To R Shld. From Behind
14	THE GIFT AB	Clock drill
15	FLASHING WINGS	R Punch, R Foot Lead
	Track Test	
16	SNAPPING TWIG	L Punch, L Foot Lead
17	THE DART AB	L Punch, L Foot Lead
18	SLEEVES OF CHINA	R Punch, R Foot Lead
19	LEGIONS OF MING ABC	R Kick, R Punch
20	BLOCKING THE SUN	L Club, R Upper Cut

	KATA
	WU CHI SHORT (SHORT 3)

KATA
WU CHI LONG (LONG 3)

VALUE	
LOYALTY	
Assist In Karate School	
VALUES REPORT	
'INTENT TO PROMOTE' FORM	
Written Test	
PRE-TEST SCORES	
PUSH-UPS	
SIT-UPS	
MONKEY PUNCHES RIGHT	
MONKEY PUNCHES LEFT	
SQUAT jumps	

KATA	
	LITTLE TIGER/LITTLE CRANE
	WU CHI SHORT
	WU CHI LONG
KUMITE CONCEPTS	
	BACK KNUCKLE (HEAD) - UPSIDE DOWN PUNCH (BODY)
	UPSIDE DOWN PUNCH (BODY) - FLIP WHEEL (GROIN)
	FLIP WHEEL (GROIN) - BACK KNUCKLE (HEAD)
Ground Techniques	
	Headlock Defense
	Side Mount Shoulder Lock

Advanced Kicks
Reverse(flip) Wheel
Flying Side
Chicken
Axe



SSU CHI

Student Name: _____ Student Number _____

Jr	Techniques	Attack
1	CROSSING GUARD	Immanent Attack From The R
2	WING BREAK	L Grab R Shld. From The R
3	HAND STAFF <i>ABCD</i>	R Hand Club Attack
4	ARM SWEEP	R Punch, R Foot Lead
5	CIRCLES OF GLASS	L R Punch Combination
	Track Test	
6	DARKNESS	R Punch From The R
7	STRIKING FANG <i>AB</i>	A)L Grab B)R Grab - From R
8	BREAKING THE STAFF	R Punch, R Foot Lead
9	KUNG FU CROSS <i>AB</i>	A) L Punch B) R Punch
10	DANCE OF DEATH	R Punch, R Foot Lead
11	TWO HEADED DRAGON <i>ABCD</i>	2 Hand Grab From Front, Pull
	Track Test	
12	THE SLEEPER	R Punch, R Foot Lead
13	ATTACKING THE WALL <i>AB</i>	R Punch, R Foot Lead
14	CIRCLING THE SUN <i>ABCD</i>	Clock drill
15	SILK WIND	Chicken Wing (From Behind)
	Track Test	
16	CROUCHING FALCON	2 Hand Push From Front
17	SWINGING GATE	2 Hand Push From Front
18	THUNDERING HAMMERS	R Punch, R Foot Lead
19	KNEE SWEEP	2 R Handed Wrist Grabs From Sides
20	PRANCE OF THE TIGER	R Punch, R Foot Lead

KATA		
	CHINESE HANDS	
	MASS ATTACK	
LITTLE TIGER & LITTLE CRANE		
KUMITE CONCEPTS		
	BACK FIST - (FRONT & BACK)	
	REAR KICK - (FRONT & BACK)	
Advanced Kicks		
	Spinning Crescent Kick	
	Spinning Heel Hook	
	Spinning Side Kick	

Ground Techniques
Side Mount
Guard - Triangle- Sleeper



SSU CHI

Student Name: _____ Student Number _____

KATA
MASS ATTACK

KATA
CHINESE HANDS

VALUE CHARACTER	
Retirement home/ Shelter	
VALUES REPORT	
'INTENT TO PROMOTE' FORM	
Written Test	
PRE-TEST SCORES	
PUSH-UPS	
Crunches	
MONKEY PUNCHES RIGHT	
MONKEY PUNCHES LEFT	
Squat Jumps	



SAN CHI

Student Name: _____ Student Number _____



SAN CHI

Student Name: _____ Student Number _____

Jr		Techniques	Attack
1	☯	DARTING SERPENT	2 Hand Push
2	☯	FIVE SWORDS / SEVEN SWORDS	R Punch, R Foot Lead
3	☯	GRASPING TALON #2 ABCD	L Grab To R Wrist
4	☯	STRIKING MACE	R Punch, R Foot Lead
		Track Test	
5	☯	THE ROCKER	R Punch, R Foot Lead
6	☯	PLUCKING A BIRD FROM THE SKY ABC	R Punch, R Foot Lead
7	☯	HIDDEN FIST	L Grab From R Rear 45
8	☯	REACHING FOR THE SUN	R Punch, R Foot Lead
9	☯	SPEAR OF JADE AB	A) R Punch, R Lead B) Opposite
		Track Test	
10	☯	LEVELING THE CLOUDS	L Punch, L Foot Lead
11	☯	THE PHOENIX	L Grab To R Shld, R Punch
12	☯	LEAP OF DEATH	R Punch, R Foot Lead
13	☯	SIDE HANDSTAFF ABCD	R Hand Baseball Swing
14	☯	GUARDING THE WALL	Clock drill
15	☯	SWEEPING ARM HOOK AB - 1 & 2	2 Hand Push
		Track Test	
16	☯	PARTING THE WAVES	R Punch, R Foot Lead
17	☯	FLASH OF SILVER	R Hand Low Knife Attack
18	☯	CLAWING PANTHER	R Punch, R Foot Lead
19	☯	GUN ATTACK AB	Gun To Head From In Front
20	☯	THREE WINDS FIST AB	L R Punch Combination

KATA	
1	☯ BOXING FORM
2	CANE

KUMITE CONCEPTS	
1	SIDE WHEEL (BODY/HEAD)
2	UPSIDE DOWN - REVERSE (BODY/HEAD)

Advanced Kicks
 Jump Spinning Crescent, Heel hook
 Develop Jumps Forward/Backward
 Scissor Kick, Turnover

Ground Techniques
Low Single Take Down
Guard- post out arm lock

☯	KATA
	BOXING FORM

KATA
CANE

TEST INFORMATION	
PRE-TEST GRADE	
VALUE	
COURTESY	
trash around school	
VALUES REPORT	
'INTENT TO PROMOTE' FORM	
Written Test	
PRE-TEST SCORES	
PUSH-UPS	
SIT-UPS	
MONKEY PUNCHES RIGHT	
MONKEY PUNCHES LEFT	
SQUAT jumps	



ERH CHI

Student Name: _____ Student Number _____

Jr	Techniques	Attack
1	☯ LOCKING GATE <i>AB</i>	R Hand Low Knife Attack
2	☯ CHINESE JUNK <i>AB</i>	R Punch, R Shld. Grab
3	☯ INTERMEDIATE OFFENSE <i>ABC1C2</i>	Attack Imminent From Front
	Track Test	
4	☯ HANDS OF JADE	L Punch, L Foot Lead
5	☯ THREE WINDS CLAW <i>ABCD</i>	L R Punch Combination
6	☯ WHIRLING BLADES	R Punch, L Shld. Grab
7	☯ MACE AND CHAIN	L Punch, L Foot Lead
8	☯ TUMBLING CLOUDS	R Hand Low Knife Attack
	Track Test	
9	☯ BROWN GUN	High R Hand Gun Attack
10	☯ BOXING DEFENSE	L Punch, L Foot Lead
11	☯ THE WATERWHEEL	R Punch, R Foot Lead
12	☯ STARTLED CAT	R Punch, R Foot Lead
	Track Test	
13	☯ MING'S SWORD	Clock drill
14	☯ THE SCIMITAR <i>AB</i>	R Punch, R Foot Lead
15	☯ CHINESE COBRA	R Hand Club Attack
16	☯ SWEEPING SERVANT <i>AB</i>	A) R Front Kick B) Kick, R Punch
17	☯ CIRCLING THE MOON	R Punch, R Foot Lead
18	☯ DIVIDED SWORD	R Punch, R Foot Lead
19	☯ OFFER OF DUST	L Lead Spear Jab
20	☯ COBRA AND THE MONGOOSE	R Hand Low Knife Attack

KATA		
☯	BOOK SET	
	SINGLE SWORD	
KUMITE CONCEPTS		
	SLAP - BACK LEG	
	HOOK - FRONT LEG	
	JUMP - TAKEDOWN	
Ground Techniques		
	Side Mount	
	Guard- Arm Bar- High Line	



ERH CHI

Student Name: _____ Student Number _____

KATA
ERH CHI LONG (LONG 5)

☯ KATA
BOOKSET (Juniors Only)

SINGLE SWORD

VALUE		
INTEGRITY		
Work For Pay- donate		
VALUES REPORT		
'INTENT TO PROMOTE' FORM		
Written Test		
PRE-TEST SCORES		
PUSH-UPS		
SIT-UPS		
MONKEY PUNCHES RIGHT		
MONKEY PUNCHES LEFT		
SQUAT jumps		



I CHI

Student Name: _____ Student Number _____

Jr	Techniques	Attack
1	☯ RETREATING STORM	R Push To L Shld. From Back
2	☯ SHAOLIN WARRIOR	R Punch, R Foot Lead
3	☯ THE DAGGER	R Punch, R Foot Lead
4	☯ DANCE OF THE MONGOOSE	R Club From Front, R Foot Lead
5	☯ CHINESE PINCERS <i>AB</i>	L Club, R Uppercut
	Track Test	
6	☯ WATER FALLING	R Punch, R Foot Lead
7	☯ SHOOTING STAR	Dishonorable R Handshake
8	☯ CHINESE FAN	R High Lunging Knife Attack
9	☯ STICKS OF SATIN <i>AB</i>	Push, You Fall
10	☯ RESTRAINING HOLD <i>ABCD</i>	ABC) R Shld. Grab D) None
	Track Test	
11	☯ THE ESCAPE	R Punch, R Foot Lead
12	☯ BLINDING THE HAWK	You Are The Agressor, L Push
13	☯ TALON AND WING	L Punch, Left Foot L
14	☯ ATTACKING SHADOWS	Clock drill
15	☯ CURVED KNIVES	R Punch, R Foot Lead
	Track Test	
16	☯ KNIFE AND HAMMER	1&2)Grab Shld.-Sides 3)Behind
17	☯ SALUTING SOLDIER	R Wrist Grab To Your L Wrist
18	☯ AVOIDING THE VIPER	L Grab To R Shld., R Back 45
19	☯ FALLING SPARROW	R Punch, R Foot Lead
20	☯ THE MANCHU <i>AB</i>	R Grab [A)L B) R] Foot Lead

Kata	
1	☯ STALKING PANTHER
2	BOOK SET

Ground Techniques
Ankle Lock
Heel Lock

KUMITE CONCEPTS	
1	BROWN (MOLD)



I CHI

Student Name: _____ Student Number _____

☯ KATA
STALKING PANTHER

KATA
BOOKSET

VALUE
HONOR
VALUES REPORT
'INTENT TO PROMOTE' FORM
Written Test
Pretest scores
PUSH-UPS
SIT-UPS
MONKEY PUNCHES RIGHT
MONKEY PUNCHES LEFT
SQUAT jumps



Erh Tuan

Student Name: _____ Student Number _____

Techniques		Attack
1	SPINNING SHIELD	R Hand Gun In our Back
2	BRUSHING BOUGHS <i>ABCDE</i>	R Punch, R Foot Lead
3	THRUSTING COVER <i>ABC</i>	R Club, R Foot Lead
4	HAND OF DEATH	R Punch, R Foot Lead
5	ASIAN U <i>ABC</i>	R Punch, R Foot Lead
6	FOURTH KICK	R Cowboy Kick From Front
7	STRIKING FALCON	L Grab To R Shld., R Rear 45
8	TURNING WEDGE	R Over Head Club Attack
Track Test		
9	LEFT GUARD <i>AB 1 & 2</i>	R Punch From R Side
10	MANDARIN ELBOWS <i>ABC</i>	R Punch From Front
11	GOLDEN CLAWS <i>AB</i>	Punchs From Both Sides
12	BLOCK AND CLEAVE	L Punch, L Leading
13	CAT TAKEDOWN	R Punch, R Foot Lead
14	TWISTING STAFF <i>AB</i>	At Sides W/Hands On Shld.
15	CHOPPING LOG	Clock drill
16	DARTING MACE	L Grab To R Wrist
17	BOW OF COMPULSION	R Grab To R Wrist
Track Test		
18	GIFT OF DESTRUCTION	Aggressive R Handshake
19	GIFT IN RETURN	Aggressive R Handshake
20	TRIPPING ARROW	Bearhug Free In Front
21	FLASHING MACE	R Punch, Followed By L R Punch
22	REVERSING THUNDER	R Punch, R Foot Lead
23	HALF-EIGHTS <i>AB 1 & 2</i>	A,B) L Punch C,D) R Punch
24	KICK STRIKES <i>AB</i>	L Grab To R Shld. From R Rear 45
Track Test		
25	MOVING HANDS	L Punch From R Side
26	CHOPPING THE TREE <i>AB</i>	L Punch From Front
27	FINGER TWIST	R Finger Grab By R Hand, L Locking
28	GUN ESCAPE NUMBER 1	R Hand Gun Attack, Hands Up
29	GUN ESCAPE NUMBER 2	R Hand Gun Attack, Hands Up
30	FLASH OF LIGHT	R Knife Attack From Front



Erh Tuan

Student Name: _____ Student Number _____

	KATA LEOPARD

KATA TIGER HUNT

	KATA MONKEY
TEST INFORMATION	
PRE-TEST	
PAID FOR BELT TEST	
VALUES REPORT	
BOOK REPORT	
'INTENT TO PROMOTE' FORM	

KATA LONG STAFF

KATA SHADOW STAFF



San Tuan

Student Name: _____ Student Number _____

Techniques		Attack
1	☯ LEG TECHNIQUES	Holding Knife In R Hand
2	PLACING THE PIN	R Overhead Knife, R Lead
3	☯ PREPARING THE DUCK	L Grab To R Shld. From Front
4	HANDS OF THE CLOCK AB	R Punch, A) R Lead B) L Lead
5	☯ LEAPING CAT AB	A) R Punch, R Lead B) L, L
6	☯ CLAW AND MACE	L Punch From Front
7	☯ DROPPING THE POPPY PETALS	Imminent, Aggressive Move
8	FLYING BRANCHES	L Punch, L Foot Lead
Track Test		
9	☯ MULTIPLE WEAPON ATTACK AB	R Punch From Front
10	SNAPPING CHAIN AB	2 Handed Wrist Grab, Front
11	PROTECTING THE NEST	Imminent, Aggressive Move
12	IRON RITE	R Grab to L Shld., Front
13	☯ THREE HEADED MACE	#1 at 12 R Punch #2 at 10 #3 at 4
14	CAPTURING THE PICK	R Lunge Knife Attack
15	FLOWING ARMS	Clock drill
16	☯ CHINESE HANDS	Imminent, Aggressive Move
17	WAY OF THE TONG	Imminent, Aggressive Move
Track Test		
18	☯ PROUD CRANE	L Jab From Front
19	THE ASSASSIN	R Punch Or Push, Front
20	☯ PLUCKING CLAW	R Punch, R Foot Lead
21	WIND OF DEATH	L Punch Or Push, Front
22	☯ SWAYING TREE	Imminent, Aggressive Move
23	CHINESE FIST	Imminent, Aggressive Move
24	WIND STORM	Imminent, Aggressive Move
Track Test		
25	☯ SUN BEHIND THE CLOUD	L Grab to R Shld. from R, R Punch
26	☯ TAI CHI CIRCLES AB	R Grab To R Wrist, Front
27	EARTHQUAKE	Imminent, Aggressive Move
28	WHIRLING TOP	L Grab To R Wrist From Front
29	☯ FALLING DARKNESS	L Grab To R Shld. From Behind
30	☯ CANTON ATTACK (OPTIONS)	Imminent, Aggressive Move
KATA		



San Tuan

Student Name: _____ Student Number _____

☯	KATA
WHISPERING WINDS	
SEE YOUR INSTRUCTOR	

KATA	
ENTER THE TEMPLE	
SEE YOUR INSTRUCTOR	

☯	KATA
PERSONAL KATA	
SEE YOUR SELF	
TEST INFORMATION	
PRE-TEST	
PAID FOR BELT TEST	
VALUES REPORT	
BOOK REPORT	
'INTENT TO PROMOTE' FORM	

KATA	
ADVANCED STAFF	
SEE YOUR INSTRUCTOR	



PA CHI- Little Dragon

Student Name: _____ Student # _____

Track	Gold Belt	Initial	Track	Blue Belt	Initial
1st	Square Horse		1st	Downward Block	
	Fighting Horse			Crossing Over	
	Straight Punch			Wheel Kick	
2nd	Inward Block		2nd	Finger Thrust	
	Knife Hand			Movement FWD/BK	
	Chop to the right			Locking the Arm	
3rd	Front Kick		3rd	Fighting Cat	
	Jab			Fending off	
	Half Fist			Punch Combo	
	Orange Belt			Green Belt	
1st	Shuffle Advance/Ret		1st	Movement 45'	
	Outward Block			Back Knuckle	
	Kimono Grab			Rising Knee	
2nd	Tiger Claw		2nd	Cover theories	
	Elbow			Crossing Back	
	Side Kick			Opponents at Sides	
3rd	Reverse Knife Hand		3rd	Pa Chi 1,2	
	Front Crane			Fending Off	
	Kimono Grab			Sideways Movement	
	Purple Belt			Brown Belt	
1st	Dropping Position		1st	Hidden Foot	
	Rear Kick			Cover theories	
	Kimono Grab			Reverse Hammer Fist	
2nd	Side Crane		2nd	Pa Chi 3,4	
	Upward Block			Thumbless fist	
	Foreknuckle Rake			Closed Cat	
3rd	Knife Hand Thrust		3rd	Fending Off	
	Rear Elbow			Wheel Knee	
	Locking the Arm			Dancer	
	Red Belt			Black Belt	
1st	Pa Chi 5,6		1st	Pa Chi Finish	
2nd	Dancer		2nd	Chart to Purple	
3rd	Punch Kick Combo		3rd	Chart to Brown	

Safety Skills

Anti Drug	<input type="checkbox"/>
Fire Safety	<input type="checkbox"/>
First Aid	<input type="checkbox"/>
Health	<input type="checkbox"/>
Holiday Safety	<input type="checkbox"/>
Home Safety	<input type="checkbox"/>
Stranger Awareness	<input type="checkbox"/>
Traffic	<input type="checkbox"/>
Weather	<input type="checkbox"/>

Life Skills

Balance	<input type="checkbox"/>
Cooperation	<input type="checkbox"/>
Coordination	<input type="checkbox"/>
Discipline	<input type="checkbox"/>
Exercise	<input type="checkbox"/>
Listening	<input type="checkbox"/>
Memory	<input type="checkbox"/>
Respect	<input type="checkbox"/>