

Yellow Belt

- 1. Delayed Sword**
- 2. Sword of Destruction**
- 3. Deflecting Hammer**
- 4. Mace of Aggression**
- 5. Obscure Wing**
- 6. Lone Kimono**
- 7. Intellectual Departure**

Star Block

Orange Belt

8. Attacking Mace

9. Checking the Storm

10. Aggressive Twins

11. Clutching Feathers

12. Triggered Salute

13. Locking Horns

14. Scraping Hoof

15. Shielding Hammer

Short Form One

Purple Belt

16. Five Swords

17. Striking Serpent Head

18. Grip of Death

19. Buckling Branch

20. Thrusting Salute

21. Obscure Sword

22. Raining Claw

23. Crashing Wings

**Long Form One
Kicking Set**

Blue Belt

24. Thrusting Prongs

25. Reversing Mace

26. Repeating Mace

27. Locked Wing

28. Crossing Talon

29. Twirling Wings

30. Snapping Twig

31. Leaping Crane

**Short Form Two
Finger Set**

Green Belt

32. Charging Ram

33. Parting Wings

34. Circling Wing

35. Calming the Storm

36. Hooking Wings

37. Twin Kimono

38. Darting Mace

39. Obstructing the Storm

**Long Form Two
Coordination Set**

3rd Brown Belt

40. Cross of Destruction

41. Gift in Return

42. Swinging Pendulum

43. Flight to Freedom

44. Spiraling Twig

45. Evading the Storm

46. Thundering Hammers

47. Squeezing the Peach

Short Form Three

2nd Brown Belt

48. Shield and Sword

49. Sleeper

50. Begging Hands

51. Thrusting Wedge

52. Flashing Wings

53. Hugging Pendulum

54. Repeated Devastation

55. Defying the Storm

56. Raking Mace

57. Snaking Talon

58. Shield and Mace

59. Wings of Silk

60. Tripping Arrow

61. Fallen Cross

62. Returning the Storm

63. Crossed Twigs

Long Form Three

1st Brown Belt

64. Flashing Mace

65. Gripping Talon

66. Dance of Death

67. Glancing Salute

68. Bow of Compulsion

69. Gathering Clouds

70. Destructive Twins

71. Circling the Horizons

72. Obscure Claws

73. Circling Destruction

74. Escape from Darkness

75. Encounter with Danger

76. Detour from Doom

77. Squatting Sacrifice

78. Escape from Death

79. Brushing the Storm

Staff Set

1st Black Belt

80. Menacing Twirl

81. Leap from Danger

82. Circles of Protection

83. Circle of Doom

84. Broken Gift

85. Unfolding the Dark

86. Heavenly Ascent

87. Capturing the Storm

88. Conquering Shield

89. Taming the Mace

90. Twirling Sacrifice

91. Cross of Death

- 92. Securing the Storm**
- 93. Intercepting the Ram**
- 94. Kneel of Compulsion**
- 95. Clipping the Storm**
- 96. Broken Ram**
- 97. Glancing Wing**
- 98. Back Breaker**
- 99. Crushing Hammer**
- 100. Glancing Spear**

**Two Man Set
Personal Form
Thesis**

2nd Black Belt

101. Thrust into Darkness

102. Circling Fans

103. Rotating Destruction

104. Retreating Pendulum

105. Desperate Falcons

106. Raining Lance

107. Glancing Lance

108. Thrusting Lance

109. Entwined Lance

110. Piercing Lance

111. Leap of Death

112. Protective Fans

- 113. Destructive Fans**
- 114. Unfurling Crane**
- 115. Entwined Mace**
- 116. Fatal Deviation**
- 117. Twirling Hammers**
- 118. Fatal Cross**
- 119. Deceptive Panther**
- 120. Blinding Sacrifice**
- 121. Falling Falcon**
- 122. Falcons of Force**
- 123. The Bear and the Ram**
- 124. Courting the Tiger**
- 125. Gathering of the Snakes**

Form Four

3rd Black Belt

- 126. Grasping Eagle**
- 127. Parting of the Snakes**
- 128. Snakes of Wisdom**
- 129. Marriage of the Rams**
- 130. Ram and the Eagle**
- 131. Reprimanding the Bears**
- 132. Captured Rod**
- 133. Broken Rod**
- 134. Defying the Rod**
- 135. Twisted Rod**
- 136. Dominating Circles**

- 137. Darting Leaves**
- 138. Destructive Kneel**
- 139. Dance of Darkness**
- 140. Unwinding Pendulum**
- 141. Reversing Circles**
- 142. Circling Windmills**
- 143. Defensive Cross**
- 144. Bowing to Buddha**
- 145. Prance of the Tiger**
- 146. Hopping Crane**
- 147. Clipping the Lance**
- 148. Circling the Storm**
- 149. Escape from the Storm**

Form Five

4th Black Belt

150. Clutching Feathers

151. Triggered Salute

152. Dance of Death

153. Gift of Destruction

154. Locking Horns

155. Lone Kimono

156. Glancing Salute

157. Five Swords

158. Scraping Hoof

159. Grip of Death

160. Crossing Talon

161. Shielding Hammer

- 162. Thrusting Salute**
- 163. Striking Serpents' Head**
- 164. Locked Wing**
- 165. Obscure Wing**
- 166. Reversing Mace**
- 167. Buckling Branch**
- 168. Thrusting Prongs**
- 169. Twisted Twig**
- 170. Obscure Sword**
- 171. Repeating Mace**
- 172. Raining Claw**
- 173. Crashing Wings**
- 174. Captured Leaves**

175. Evading the Storm

176. Twirling Wings

177. Snapping Twig

178. Leaping Crane

179. Crushing Hammer

180. Circling Wing

181. Calming the Storm

Form Six

Lock Flow Techniques & Counters

Kali Techniques & Entries