

GUARDIAN KEMPO

Old Style

WHITE BELT

Line 1

Outside Hand Sweep, High Punch, Underneath Punch, Side Thrust, Forward Thrust, Roundhouse, Back Thrust, Vertical Punch

Basic Techniques

Basic Technique 1 - Outside Deflect and Palm, Front Kick

Basic Technique 2 - Duck and Hook Punch, Side Thrust

Basic Technique 3 - Straight Block, Power Slap, Reverse Elbow

Basic Technique 4 - Swat and Roundhouse, Elbow

Basic Technique 5 - Outside Block and Underneath Punch, Elbow

Foundation Form

Attention, Bow "Foundation Form," Position

Bad Guy 1 - High Punch, Chop, Uppercut, Straight Chop

Bad Guy 2 - Forward Thrust, Side Thrust, Elbow, Back Knuckle

Bad Guy 3 - Reverse Groin Grab, Vertical Punch

Roll (Right Shoulder)

Bad Guy 4 - Groin Grab, Straight Chop, Eye Poke, Middle Punch

Bad Guy 5 - Back Knuckle, Low Punch, Reverse Crescent, Crescent, Back Thrust
(Cover)

ADVANCED WHITE BELT

Line 2

Back Knuckle, Underneath Punch, Reverse Crescent, Double Roundhouse, Step In Side Thrust, Chop, Uppercut, Straight Chop

Punch Techniques

Punch Technique 1 - Outside Deflect and Middle Punch, Side Palm, Groin Grab, Reverse Chop, Palm

Punch Technique 2 - Duck and Hook Punch, Hook Punch, Hook Punch, Uppercut, Straight Chop, Side Thrust

Punch Technique 3 - Straight Block, Vertical Punch, Reverse Chop, Roundhouse, Side Thrust, Back Thrust

Punch Technique 4 - Swat, Outside Deflect to Arm Bar, Arm Break, Front Kick, Forward Stomp and Pull

Punch Technique 5 - Outside Block, Inside Block, Back Knuckle, Palm, Sternum Rake, Double Side Palm

Foundation Form

Attention, Bow "Foundation Form," Position

Bad Guy 1 - High Punch, Chop, Uppercut, Straight Chop

Bad Guy 2 - Forward Thrust, Side Thrust, Elbow, Back Knuckle

Bad Guy 3 - Reverse Groin Grab, Vertical Punch

Roll (Right Shoulder)

Bad Guy 4 - Groin Grab, Straight Chop, Eye Poke, Middle Punch

Bad Guy 5 - Back Knuckle, Low Punch, Reverse Crescent, Crescent, Back Thrust
(Cover)

Bad Guy 6 - Underneath Punch, Reverse Chop, Vertical Chop, Crescent

Bad Guy 7 - Step In Double Side Thrust, Underneath Punch, High Punch, Chop,
Groin Grab, Vertical Chop, Reverse Crescent

Bad Guy 8 - Double Roundhouse, Palm, Eye Poke, Vertical Punch, Reverse Chop,
Hook Punch, Hook Punch, Elbow, **Cover**, Side Thrust

Falls and Rolls

Fall and Roll 1 - Fall Forward

Fall and Roll 2 - Fall Backward

Fall and Roll 3 - Roll Forward

Fall and Roll 4 - Roll Backward

Fall and Roll 5 - Breakfall

YELLOW BELT

Line 3

Step In Side Thrust, Side Thrust, Spinning Reverse Crescent, Skipping In Forward Thrust,
Instep, Outstep, Roundhouse, Ax Kick

Grab Techniques

Grab Technique 1 - Palm, Weave, Break, Groin Grab, Reverse Chop, Choke, Neck Break

Grab Technique 2 - Turtle, Forward Thrust, Hook Release, High Punch,
Esophagus Takedown, Roundhouse, Stomp and Pull

Grab Technique 3 - Inside Vertical Punch, Upward Ridgehand, Pry to Arm Bar,
Front Kick, Shoulder Roundhouse Takedown, Side Thrust

Grab Technique 4 - Arm Cross, Rake Stomp, Hip Shift, Reverse Groin Grab,
Hook Punch, Head Smash to Knee

Grab Technique 5 - Hook Drop Spin to Upward Ridgehand, Knee, Side Thrust

Foundation Form

Attention, Bow "Foundation Form," Position

Bad Guy 1 - High Punch, Chop, Uppercut, Straight Chop

Bad Guy 2 - Forward Thrust, Side Thrust, Elbow, Back Knuckle

Bad Guy 3 - Reverse Groin Grab, Vertical Punch
Roll (Right Shoulder)
Bad Guy 4 - Groin Grab, Straight Chop, Eye Poke, Middle Punch
Bad Guy 5 - Back Knuckle, Low Punch, Reverse Crescent, Crescent, Back Thrust
(Cover)
Bad Guy 6 - Underneath Punch, Reverse Chop, Vertical Chop, Crescent
Bad Guy 7 - Step In Double Side Thrust, Underneath Punch, High Punch, Chop,
Groin Grab, Vertical Chop, Reverse Crescent
Bad Guy 8 - Double Roundhouse, Palm, Eye Poke, Vertical Punch, Reverse Chop,
Hook Punch, Hook Punch, Elbow, **Cover**, Side Thrust
Bad Guy 9 - Reverse Groin Grab, Low Punch
Roll (Left Shoulder)
Bad Guy 10 - Double Block, Double Chop, Palm, Back Thrust; (Cover)
Bad Guy 11 - Double Side Thrust, Uppercut, Forward Thrust
Bad Guy 12 - Double Roundhouse, Roundhouse, Middle Punch
Bad Guy 13 - Roundhouse, **Circle**, **Breathe**, High Crosswrist Knifehand, Break
Attention, Look Left, Look Right, Look Ahead, Bow

Counter Grapples

Counter Grapple 1 - Maintain Range
Counter Grapple 2 - Guide Past
Counter Grapple 3 - Push Down
Counter Grapple 4 - Overextend Opponent
Counter Grapple 5 - Face Push Back

Wristlocks

Wristlock 1 - Behind the Back Compression Wristlock
Wristlock 2 - Forward Wristlock Takedown
Wristlock 3 - Wristlock Arm Bar
Wristlock 4 - Reverse Wristlock Takedown
Wristlock 5 - Shoulder Wristlock Takedown

ADVANCED YELLOW BELT

Line 4

Underneath Punch, Reverse Chop, Instep, Roundhouse, Roundhouse, Roundhouse, Hook
Kick, Roundhouse, Jumping Spinning Reverse Crescent, Elbow, Outside Hammerfist, Uppercut

Kick Techniques

Kick Technique 1 - Side Thrust, Front Kick, Front Kick, Roundhouse
Kick Technique 2 - Arm Knee Guard, Front Kick, High Punch, Sternum Rake,
Double Chop
Kick Technique 3 - Leg Jam, Back Knuckle, Underneath Punch, Ear Box,
Headsmash to Knee

Kick Technique 4 - Knee Block, Side Thrust, Instep, Outstep, Upward Heel, Spinning Reverse Crescent

Kick Technique 5 - Range Defense, Side Thrust, Roundhouse, Roundhouse, Back Knuckle, Side Thrust

PROTECTOR

Bad Guy 1 - Ear Box, Elbow, Reverse Groin Grab, Uppercut, Straight Chop, Palm

Bad Guy 2 - Ground Back Kick, Back Knuckle, Groin Grab, Palm , Jumping Double Front Kick, Spinning Hook Kick, **Cover**

Bad Guy 3 - Forward Thrust

Bad Guy 4 - Side Thrust

Bad Guy 5 - Roundhouse, Underneath Punch, Crane Strike, Chop

Bad Guy 6 - Double Side Thrust, Crescent , Jumping Spinning Reverse Crescent, **Double Cover**

Bad Guy 7 - Back Kick, Middle Punch, Reverse Chop, Forward Thrust

Bad Guy 8 - Double Roundhouse, Vertical Punch, Ridgehand, Vertical Chop

Bad Guy 9 - Spinning Reverse Crescent , **Double Cover**

Bo Double Fast Spin

Thumbs Out, Thumbs Down

Grab the Bottom, Grab the Bottom

Three Quarters, Three Quarters

Ki Principles

Ki Principle 1 - Keep One Point

Ki Principle 2 - Relax Completely

Ki Principle 3 - Weight Underside

Ki Principle 4 - Extend Ki

Ki Application - Counter the Power

THROWS (Old List)

1. Trip Throw
2. Hip Throw
3. Shoulder Throw
4. Kneeling Head Throw
5. Backroll Throw

TAKEDOWNS (Old List)

1. Roundhouse Scissors Takedown
2. Scissors Takedown
3. Forward Sweep
4. Reverse Sweep
5. Timing Sweep

ESCAPES (Old List)

1. Buck and Roll
2. Buck and Through
3. Brace and Unthread
4. Twist the Bar
5. Unhook the Scissors

PURPLE BELT

LINE 5

Line 5 - Back Knuckle, Underneath Punch, Ridgehand, Crescent, Jumping Spinning Reverse Crescent, Side Thrust, Hook Kick, Hooking Roundhouse, Jab, Spinning Hook Kick

PROTECTOR

Bad Guy 1 - Ear Box, Elbow, Reverse Groin Grab, Uppercut, Straight Chop, Palm

Bad Guy 2 - Ground Back Kick, Back Knuckle, Groin Grab, Palm, Jumping Double Front Kick, Spinning Hook Kick, **Cover**

Bad Guy 3 - Forward Thrust

Bad Guy 4 - Side Thrust

Bad Guy 5 - Roundhouse, Underneath Punch, Crane Strike, Chop

Bad Guy 6 - Double Side Thrust, Crescent, Jumping Spinning Reverse Crescent, **Double Cover**

Bad Guy 7 - Back Kick, Middle Punch, Reverse Chop, Forward Thrust

Bad Guy 8 - Double Roundhouse, Vertical Punch, Ridgehand, Vertical Chop

Bad Guy 9 - Spinning Reverse Crescent, **Double Cover**

Bad Guy 10 - Eye Poke, Low Punch, Crane

Bad Guy 11 - Rv. Sweep, Forward Sweep, Back Kick, Groin Grab, Ridgehand, Throat Poke, Reverse Crescent, Hook Kick, **Cover**

Bad Guy 12 - Instep/Outstep, Roundhouse, Chop, Reverse Sweep

Bad Guy 13 - Double Roundhouse, Hooking Cross, Double Side Thrust, Back Kick

Bad Guy 14 - Forward Sweep, Spinning Hook Kick, Eye Poke

Bad Guy 15 - Elbow, Reverse Groin Grab, Uppercut

Bad Guy 16 - Throat Poke, Middle Punch, Straight Chop, Vertical Chop

Bad Guy 17 - High Punch, Chop, Crescent, Side Thrust

Bad Guy 18 - Low Punch, Spinning Reverse Crescent

Bad Guy 19 - Hooking Cross, Vertical Punch, Jump. Dbl. Front Kick, Underneath Punch, Back Knuckle, Jump. Spin. Rv. Crescent

Bad Guy 20 - High Punch, Instep/Outstep, Hook Kick, Double Chop

Bad Guy 21 - Reverse Crescent, High Crosswrist Takedown, Ground Punch, Ground Punch, Ground Neck Break

GRAPPLE TECHNIQUES

Grapple Technique 1 - v. Lapel Grab

Side Palm, Forward Wristlock Takedown, Front Kick, Reverse Crescent, Arm Bar

Grapple Technique 2 - v. Strangle Hold

Front Kick, Reverse Wristlock Takedown, Knee, Forward Stomp, Knee Drop

Grapple Technique 3 - v. Front Head Lock

Reverse Elbow, Side Dropping Shoulder Throw, Reverse Elbow, Inside Vertical Punch

Grapple Technique 4 - v. Break Hug from Behind

Arm Cross, Drop Out, Reverse Elbow, Head Throw, Downward Chop,
Downward Chop

Grapple Technique 5 - v. Choke Hold

Stomp, Shoulder Throw, Knee Drop, Knee Drop

Bo Set

1. Figure Eight Spin (5), Tuck, Ready
2. High Overhand Strike
3. High Reverse Strike
4. Middle Thrust
5. Overhand Downstrike, Ready

OPEN HAND SET 1

Offense

1. Back Knuckle
2. Underneath Punch
3. Knee Block
4. Side Thrust
5. Inside Block

Defense

1. Outside Block
2. Palm Block
3. Roundhouse
4. Step Back
5. Ridgehand

GRAPPLE DROPS (Old List)

1. Single Leg
2. Double Leg
3. Twist Down
4. Drag Down
5. Face Drop

GRAPPLE DEFENSES (Old List)

1. Punch Out
2. Finger Lock
3. Take the Groin
4. Resist and Counter Throw
5. Brace Back and Pin

ADVANCED PURPLE BELT

LINE 6

Line 6 - Hooking Side Thrust, Roundhouse, Roundhouse, Side Thrust,
Roundhouse Takedown, Ground Side Thrust, Roundhouse, Back Knuckle, Hooking Cross, Chop,
Jumping Double Front Kick

GROUND TECHNIQUES

Ground Technique 1 - v. Punch to the Head

Duck and Roundhouse, Reverse Scissors Takedown, Roundhouse, Heel Drop

Ground Technique 2 - v. Strangle Grab

Double Block, Palm, Trap/Push Leg Takedown, Heel Stomp

Ground Technique 3 - v. Rear Leg Forward Thrust

Leg Deflect In, Reverse Sweep [alt.Reverse Scissors], Heel Drop

Ground Technique 4 - v. Lead Leg Roundhouse to the Groin

Knee Block, Roundhouse, Forward Sweep [alt. Roundhouse Scissors Takedown], Modified Back Kick

Ground Technique 5 - v. Full Nelson

Stomp/Elbow Drop/Elbow Drop, Reverse Elbow, Jab, Ki Drop, Ground Chop, Punch, Groin Grab

Bo Form

Bad Guy 1 - High Overhand Strike, Low Overhand Strike

Bad Guy 2 - High Poke;

Back to Bad Guy 1 - Middle Overhand Thrust, Spinning Reverse Strike

Bad Guy 3 - Roundhouse, Back Thrust, High Overhand Thrust

Bad Guy 4 - Leg Sweep, Overhand Downstrike

Bad Guy 5 - Vertical Block, Figure Eight Spin to Cover, Forward Thrust, High Reverse Strike, Upward Strike

Bad Guy 6 - Spinning Reverse Strike, Clear, Roll

Bad Guy 7 - Two Handed Figure Eight Spin, Reverse Downstrike, Hook

Bad Guy 8 - Roundhouse, Side Thrust Poke, Back Thrust, Middle Overhand Poke, **Roll**

Bad Guy 9 - High Horizontal Block, Overhand Downstrike, Middle Overhand Strike, Overhead Spin Strike, Forward Thrust

Bad Guy 10 - High Overhand Poke, Low Overhand Strike, Middle Overhand Thrust

Bad Guy 11 - Middle Overhand Strike, Side Thrust Poke

Bad Guy 12 - Figure Eight Spin to Cover, Overhead Spin Strike, Hook

Bad Guy 13 - Two Handed Figure Eight Spin, Reverse Downstrike, Clear

Bad Guy 14 - Vertical Block, High Reverse Strike, Upward Strike

Bad Guy 15 - Middle Overhand Poke

Bad Guy 16 - Middle Horizontal Block, Leg Sweep

Bad Guy 17 - High Overhand Thrust, High Overhand Strike

OPEN HAND SET 2

Offense

1. Roundhouse
2. Outside Block
3. Underneath Punch
4. Deflect In
5. Back Knuckle

Defense

1. Knee Block
2. Back Knuckle
3. Palm Block
4. High Punch
5. Inside Block

Escrima Set

1. High Short Block
2. High Short Punch
3. Middle Long Punch
4. Front Back Double Strike
5. Diagonal Forehand

GRAPPLE FINISHES (Old List)

1. Choke Hold
2. Foot Lock
3. Triangle Scissors Lock
4. Double Leg Arm Bar
5. Front Artery Press

BREAKING

BLUE BELT

LINE 7

Line 7 - Jab, Hook Punch, Elbow, Chop, High Punch, Back Knuckle, Roundhouse, Side Thrust, Side Thrust, Back Kick, Jump. Sp. Hook Kick

PROTECTION TECHNIQUES

Protection Technique 1 - from side v. standing attacker

Push

Protection Technique 2 - from behind v. standing attacker, one leg back

Forward Thrust, Two Handed Face Takedown

Protection Technique 3 - from side v. mounted attacker

Face Pullback, Twisting Head Takedown

Protection Technique 4 - from flank v. attacker punching with near hand

Hook the Arm, Arm Bar Takedown

Protection Technique 5 - from side v. attacker with club in near hand

Block and Slide, Downward Release, Twisting Push

Escrima Form

Bad Guy 1 - High Long Punch, Low Backhand, Front/Back Double Strike,
Middle Forehand, Diagonal Backhand

Bad Guy 2 - High Short Block, Middle Punch, High Short Punch, Middle Long Punch

Bad Guy 3 - Forward Thrust, Groin Grab, High Backhand

Bad Guy 4 - Down Hammer, Two-Hand Thrust, Side Thrust

Bad Guy 5 - High Forehand, Outside Hammer

Bad Guy 6 - Vertical Block, Low Forehand

Bad Guy 7 - Low Short Block

Bad Guy 8 - Middle Short Punch

Back to Bad Guy 7 - Long Reverse Elbow

Back to Bad Guy 8 - Low Short Punch, Roundhouse
Bad Guy 9 - Middle Backhand, Diagonal Forehand, Middle Punch, Low Long Punch
Bad Guy 10 - Reverse Chop, Back Thrust, High Long Punch, High Horizontal Block, Roundhouse, Long Reverse Elbow
Bad Guy 11 - Middle Short Punch, Low Short Block, High Short Block, Groin Grab, High Short Punch, Forward Thrust, Vertical Block, Two-Hand Thrust
Bad Guy 12 - Outside Hammer, Side Thrust
Bad Guy 13 - Middle Backhand, Front/Back Double Strike
Bad Guy 14 - Back Thrust
Back to Bad Guy 13 - Reverse Chop, Low Long Punch
Back to Bad Guy 14 - Low Backhand, High Forehand, Diagonal Backhand, Middle Forehand, Diagonal Forehand
Bad Guy 15 - Low Short Punch, Middle Long Punch, Low Forehand, High Backhand, Down Hammer, Middle Horizontal Block

Two Man Escrima to Knife

Escrima

1. Inside Long Deflect
2. High Backhand
3. Low Forehand
4. Reinforced Guide Over
5. Diagonal Forehand

Knife

1. Middle Thrust
2. Guide Over
3. Leg Slide
4. High Forehand Slash
5. Reinforced Guide Down

KIATSU

Bruise - Matrix Around

Cut - Seal, Matrix Around on Inside

Burn - Negative Matrix

GREEN BELT

REACTION TECHNIQUES

Reaction Techniques (Basic)

Vs. Right Hand High Punch, Move, 3, 2, 1, Up

Vs. Left Hand High Punch, Move, 3, 2, 1, Up

Vs. Right Hand Haymaker, Move, 3, 2, 1, Up

Vs. Left Hand Haymaker, Move, 3, 2, 1, Up

Vs. Right Hook Punch, Move, 3, 2, 1, Up

Vs. Left Hook Punch, Move, 3, 2, 1, Up

LINE 8

Line 8 - Back Knuckle, Middle Punch, Crescent, Double Hook Kick, Dropping Spinning Hook Kick, Ground Roundhouse, Ground Side Thrust, Ground Hook Kick, High Block/Middle Punch, Reverse Elbow, Straight Chop, Flying Side Thrust.

CLUB TECHNIQUES

Club Technique 1 - v. Forehand to the Head

Palm/Block, Front Kick, Palm Up Circle Release, High Overhand Strike, Spear Thrust, Side Thrust

Club Technique 2 - v. Forehand to the Body

Hooking Block/Block, Reverse Elbow/Pulling Release, Back/Front Double Strike, Reverse Kneehook Takedown with Club, Downstrike

Club Technique 3 - v. Backhand to the Head

Double Block, Chop/Hook the Wrist, Torso Arm Break, Short Punch, Hooking Palm, Side Thrust, Spinning Hook Kick

Club Technique 4 - v. Backhand to the Body

Double Block, Palm Down Circle Release, Low Overhand Strike, Middle Overhand Strike, Forehand Strike

Club Technique 5 - v. Downstrike to the Head

Guide Down/Push Down, Palm, Chop, Hook Punch, Kneehook Takedown with Arm

DEFENDER

Bad Guy 1 - High Defense, Reverse Middle Punch, Double Roundhouse, Jumping Spinning Reverse Crescent

Cover, Cover Back

Bad Guy 2 - Ground Back Kick, Ground Hook Kick, Ground Roundhouse, Ground Side Thrust

Bad Guy 3 - High Crosswrist Defense, Outside Block, Groin Strike, High Punch, Head Smash to Knee

Bad Guy 4 - Instep Outstep, Spinning Hook Kick

Bad Guy 5 - Spinning Reverse Crescent, Double Side Thrust, Hook Kick

Bad Guy 6 - Underneath Punch, Ridgehand, Reverse Chop, Reverse Crescent

Bad Guy 7 - Downward Punch Defense, Roundhouse, Jumping Spinning Reverse Crescent

Bad Guy 8 - Inside Knifehand Defense, Back Knuckle, Reverse Vertical Punch, Downward Palm Defense, Double Chop

Bad Guy 9 - Low Knifehand Defense, Inside Defense, Chop, Eye Poke, Palm

Bad Guy 10 - Side Thrust, High Knifehand Defense, Reverse High Punch, Middle Punch, Reverse Low Punch, Upward Elbow, Straight Chop

Bad Guy 11 - Low Crosswrist Defense, Earbox, Head Smash to Knee

Bad Guy 12 - Reverse Low Knifehand Defense, High Punch, Crescent

Bad Guy 13 - Hook Kick, Reverse Low Defense, Forward Thrust, Reverse Low Defense, Throat Poke, Reverse Outside Defense, Reverse Vertical Chop

Bad Guy 14 - High Cross Knifehand Defense, Double Side Thrust, Spinning Reverse Crescent

Bad Guy 15 - Low Defense, Hook Punch

Two Man Bo to Bo

Offense

1. High Overhand Strike
2. Middle Thrust
3. Outside Vertical Deflect
4. Backhand Low End Block
5. Overhand Downstrike

Defense

1. High End Block
2. Outside Vertical Deflect
3. Middle Thrust
4. Low Overhand Strike
5. High Horizontal Block

BROWN BELT

REACTION TECHNIQUES

Reaction Techniques (Intermediate)

- Vs. Lapel Grab, Move, 3, 2, 1, Up
- Vs. Strangle Hold, Move, 3, 2, 1, Up
- Vs. Right Forward Thrust, Move, 3, 2, 1, Up
- Vs. Left Forward Thrust, Move, 3, 2, 1, Up
- Vs. Right Roundhouse, Move, 3, 2, 1, Up
- Vs. Left Roundhouse, Move, 3, 2, 1, Up

LINE 9

Line 9 - Hook, Hook Punch, Upward Ridgehand, Elbow, Back Knuckle, Ax Kick, Forward Thrust, Side Thrust, Hook Kick, Crescent, Reverse Sweep, Heel Drop, Ground Forward Thrust, Ground Side Thrust, Ground Back Kick, Back Knuckle, Double Chop

KNIFE TECHNIQUES

Knife Technique 1 - v. Guarded Knife in Back Hand

Hook, Roundhouse, Side Palm, Knee Roundhouse, Instep, Upward Heel, Knee Drive, Arm Bar - Get the Knife

Knife Technique 2 - v. Threat, Thrust or Short Slash

Inside Swat, Palm, Slide to Arm Bar, Torso Arm Break, Upward Face Rake, Reverse Chop, Choke, Neck Break - Get the Knife

Knife Technique 3 - v. Wide Slash

Block & Chop, Front Kick, Circle to Wrist Lock, Forward Thrust, Side Thrust - Get the Knife

Knife Technique 4 - v. Held from Behind, Knife to Throat

Hook Release, Stomp, Reverse Groin Grab, Slide Under and Out, Side Palm, Torso Arm Break, Roundhouse, Knee Roundhouse, Upward Face Rake, Reverse Chop Takedown - Get the Knife

Knife Technique 5 - v. Downward Stab

Guide Down, Arm Break, Reverse Elbow/Hook, Roundhouse Collapse, Hook Kick, Side Thrust

DEFENDER

- Bad Guy 1** - High Defense, Reverse Middle Punch, Double Roundhouse, Jumping Spinning Reverse Crescent
Cover, Cover Back
- Bad Guy 2** - Ground Back Kick, Ground Hook Kick, Ground Roundhouse, Ground Side Thrust
- Bad Guy 3** - High Crosswrist Defense, Outside Block, Groin Strike, High Punch, Head Smash to Knee
- Bad Guy 4** - Instep Outstep, Spinning Hook Kick
- Bad Guy 5** - Spinning Reverse Crescent, Double Side Thrust, Hook Kick
- Bad Guy 6** - Underneath Punch, Ridgehand, Reverse Chop, Reverse Crescent
- Bad Guy 7** - Downward Punch Defense, Roundhouse, Jumping Spinning Reverse Crescent
- Bad Guy 8** - Inside Knifehand Defense, Back Knuckle, Reverse Vertical Punch, Downward Palm Defense, Double Chop
- Bad Guy 9** - Low Knifehand Defense, Inside Defense, Chop, Eye Poke, Palm
- Bad Guy 10** - Side Thrust, High Knifehand Defense, Reverse High Punch, Middle Punch, Reverse Low Punch, Upward Elbow, Straight Chop
- Bad Guy 11** - Low Crosswrist Defense, Earbox, Head Smash to Knee
- Bad Guy 12** - Reverse Low Knifehand Defense, High Punch, Crescent
- Bad Guy 13** - Hook Kick, Reverse Low Defense, Forward Thrust, Reverse Low Defense, Throat Poke, Reverse Outside Defense, Reverse Vertical Chop
- Bad Guy 14** - High Cross Knifehand Defense, Double Side Thrust, Spinning Reverse Crescent
- Bad Guy 15** - Low Defense, Hook Punch
- Bad Guy 16** - Reverse Elbow, Uppercut, Throat Poke, Elbow, Reverse Groin Strike, Palm
- Bad Guy 17** - Ground Forward Thrust, Ground Side Thrust, Ground Hook Kick, Ground Roundhouse, Ground Back Kick
- Bad Guy 18** - Ground Forward Thrust, Low Punch, Double Block, Upward Elbow
- Bad Guy 19** - Back Kick, Back Knuckle, Reverse Outside Knifehand Defense, Low Knifehand Defense, Vertical Punch, Reverse Chop, Groin Strike, Straight Chop
- Bad Guy 20** - Instep Outstep, Side Thrust
- Bad Guy 21** - Low Defense, High Knifehand Defense, Inside Defense, Reverse Groin Grab, Reverse Middle Punch
- Bad Guy 22** - Reverse Elbow, Spinning Hook Kick
- Bad Guy 23** - Inside Knifehand Defense, High Defense, Reverse Outside Knifehand Defense, Eye Poke, Reverse Crescent
- Bad Guy 24** - Downward Punch Defense, Outside Knifehand Defense, Reverse Vertical Chop
- Bad Guy 25** - Reverse Outside Defense, Low Crosswrist Knifehand Defense, Crescent, Ground Punch, Ground Punch
- Bad Guy 26** - Uppercut, Underneath Punch, Chop, Hook Punch, Ridgehand
- Bad Guy 27** - Back Kick, Outside Knifehand Defense, Reverse Low Knifehand Defense, Reverse High Punch, Vertical Punch, Reverse Low Punch
- Bad Guy 28** - Roundhouse, Vertical Chop, Elbow, Low Punch
- Bad Guy 29** - Double Roundhouse, Low Palm Defense, Outside Defense, Forward Thrust
Breathe, Breathe
- Bad Guy 30** - Middle Punch

TWO MAN BO TO ESCRIMA

Two Man Bo to Escrima Set

Bo, Right Side

1. High Overhand
2. Pull Away
3. Middle Poke
4. Side Block, High End
5. Side Block, Middle Section
6. Overhand Downstrike
7. Side Step & Slide Hand

Two Man Bo to Escrima Set

Escrima, Right Side

1. Reinforced Long Inside Defense
2. Sliding Backhand
3. Deflect In
4. High Backhand
5. Middle Forehand
6. Reverse Long High Defense
7. Downstrike Backhand

TONFA SET

1. High Short Punch
2. Reverse Elbow
3. High Defense
4. Middle Long Punch
5. High Forehand

ADVANCED BROWN BELT

REACTION TECHNIQUES

Reaction Techniques (Advanced)

- Vs. Lapel Grab and Punch, Move, 3, 2, 1, Up
- Vs. Head Lock and Punch, Move, 3, 2, 1, Up
- Vs. Choke from Behind, Move, 3, 2, 1, Up
- Vs. Random Punch, Move, 3, 2, 1, Up
- Vs. Random Kick, Move, 3, 2, 1, Up
- Vs. Random Grab, Move, 3, 2, 1, Up

LINE 10

Line 10 - Arm Check, Back Knuckle, Underneath Punch, Inside Tiger Claw, Backward Headsmash to Knee, Roundhouse, Side Thrust, Forward Thrust, Forward Thrust, Side Thrust, Duck, Hooking Cross, Upward Chop, Ridgehand, Elbow, Reverse Groin Grab, Palm, Deflect Out Guide Past, Ki Drop, Double Crane Block, Ear Box, Headsmash to Knee, Jumping Side Thrust

GUN TECHNIQUES

Gun Technique 1 - v. Gun in Front

Defensive Pivot, Inside Deflect Down, Palm, Slide to Double Hand Hook, Side Thrust, Knee Armbreak, Gun Release, Front Kick, Elbow, Reverse Elbow, Palm

Gun Technique 2 - v. Gun in Back High

Defensive Pivot, Outside Deflect Down, Side Palm, Upward Chop, Arm Break, Gun Release, Side Thrust, Roundhouse, Side Thrust

Gun Technique 3 - v. Gun in Back Low

Defensive Pivot, Inside Deflect Down, Groin Grab, Shift to Arm Bar & Upward Chop, Torso Arm Break, Reverse Face Takedown, Gun Release, Forward Stomp, Knee Drop

Gun Technique 4 - v. Concealed Gun Come Along

Stepping Defensive Pivot, Trap & Inside Deflect Down, Palm, Knee, Stomp, Straight Chop, Knee Armbreak, Gun Release, Roundhouse, Roundhouse, Back Kick

Gun Technique 5 - v. Gun at Side High

Defensive Shift, Outside Deflect Down, Roundhouse, Underneath Punch, Arm Break, Circle Gun Release, Side Thrust Stomp, Reverse Elbow

TONFA FORM

Bad Guy 1 - Reverse Elbow, High Backhand, Middle Punch, Low Short Punch, High Long Punch, Low Defense, Side Thrust

Bad Guy 2 - Low Forehand, Chop

Bad Guy 3 - Low Defense, High Defense, Forward Thrust

Bad Guy 4 - Two Handed Thrust, Handle Kneehook, Handle Downstrike

Bad Guy 5 - Inside Defense, Outside Defense, Roundhouse, Low Long Punch, High Long Punch

Bad Guy 6 - Reverse Elbow, Low Backhand, High Forehand, Middle Short Punch, Chop

Bad Guy 7 - Low Long Punch, Two Handed Thrust, Middle Forehand, Spinning Hook Kick

Bad Guy 8 - Middle Long Punch, Handle Backhand, Handle Forehand, Handle Kneehook, Handle Downstrike

Bad Guy 9 - Back Kick, Middle Backhand, High Short Punch

Bad Guy 10 - Forward Thrust, Spinning Hook Kick, Low Backhand, Back Knuckle

Bad Guy 11 - Inside Defense, Back Kick, High Forehand

Bad Guy 12 - Outside Defense, Roundhouse, Middle Backhand

Bad Guy 13 - High Backhand, Middle Punch

Bad Guy 14 - Back Knuckle, Low Short Punch, Side Thrust

Bad Guy 15 - Handle Backhand, Handle Forehand, Short Middle Punch, Middle Forehand

Bad Guy 16 - High Short Punch, Middle Long Punch

Bad Guy 17 - Low Forehand, High Defense

TWO MAN OPEN HAND SET 3

Offense

1. Back Knuckle
2. Sweep, Elbow Guard, High Punch
3. Inside Hammerfist
4. Flow with Kick and Chamber Leg
5. Side Thrust
6. Inside Block, Underneath Punch
7. Low Defense

Defense

1. Outside Block
2. Duck with Sweep, Underneath Punch
3. Deflect & Side Step
4. Roundhouse Takedown
5. Inside Elbow Block
6. Back Knuckle, Palm Block
7. Roundhouse

NUNCHAKU SET

1. Upstrike
2. Downstrike
3. Forehand
4. Single End Thrust
5. Two Handed Block to Wrap
Shoulder Switch

SHODAN

Sword Set

1. Inside High Block, Right Grip
2. Diagonal Forehand Slash, Right Grip
3. Middle Thrust, Right Grip
4. Outside Deflect Riposte, Right
5. Diagonal Backhand Slash, Right
1. Inside High Block, Left Grip
2. Diagonal Forehand Slash, Left Grip
3. Middle Thrust, Left Grip
4. Outside Deflect Riposte, Left
5. Diagonal Backhand Slash, Left

NUNCHAKU FORM

1. Single End Inside Strike, Left
2. Single End Punch, Left
3. Side Thrust, Left
4. Backhand Downward Diagonal, Left
5. Snap Out, Left
6. Figure Eight, Left
7. Forward Thrust, Right
8. Single End Outside Hammer, Left
9. Single End Inside Strike, Right
10. Single End Punch, Right
11. Elbow, Right
12. Double End Backhand Strike, Right
13. Inverted Backhand, Right
14. Palm, Left
15. Roundhouse, Right
16. Upward Inside Strike, Right
17. Choke Throw, Right
18. Back Knuckle, Left
19. Double String Punch, Right
20. Reverse Figure Eight, Right
21. Forward Thrust, Left
22. Double String Thrust
23. Back Kick, Left
24. Double End Downward Hammer
25. Two Hand High Block
26. Single End Thrust, Right
27. Two Handed Block to Throw, Right
28. Shoulder Switch, Left
29. Backhand, Right
30. Forehand, Right
31. Cross Strike, Left
32. Double End Side Hammer, Left
33. Side Thrust, Right
34. Backhand Downward Diagonal, Right
35. Elbow, Left
36. Inverted Backhand, Left
37. Inverted Forehand, Left
38. Cross Strike, Right
39. Backhand Upward Diagonal, Right
40. Figure Eight, Right
41. Snap Out, Right
42. Backhand Upward Diagonal, Left
43. Downstrike, Right
44. Upstrike, Left
45. Downstrike, Left
46. Double String Two Hand Strike, Left
47. Double End Side Hammer, Right
48. Back Kick, Right
49. Back Knuckle, Right
50. Roundhouse, Left
51. Palm, Right
52. Double String Punch, Left
53. Reverse Elbow, Left
54. Backhand, Left
55. Forehand, Left
56. Single End Thrust, Left
57. String Headsmash to Knee, Right
58. Double End Forehand Strike, Left
59. Double End Backhand Strike, Left
60. Single End Outside Hammer, Right
61. Choke Throw, Left
62. Shoulder Switch, Right.
63. Spinning Reverse Crescent, Right
64. Two Handed Block to Throw, Left
65. Reverse Figure Eight, Left
66. Forehand Downward Diagonal, Left
67. Inverted Forehand, Right
68. Spinning Reverse Crescent, Left
69. Double End Forehand Strike, Right
70. Single End Upward Inside Strike, Left
71. Upstrike, Right
72. Forehand Downward Diagonal, Right
73. Reverse Elbow, Right
74. Double String Two Hand Strike, Right
75. String Headsmash to Knee, Left

GUARDIAN

1. Right Upward Crane
2. Right Crane Beak
3. Left Reverse Groin
4. Left Reverse Upward Elbow
5. Left Leg Kick Out
6. Right Spinning Hook Kick
7. Right Double Roundhouse
8. Right Upward Backknuckle
9. Left Underneath Leopard Paw
10. Right Downward Backknuckle
11. Left Double Forward Thrust
12. Right Jumping Spinning Hook Kick
13. Left Low Knifehand Defense
14. Right Groin Grab
15. Left Vertical Chop
16. Right Elbow
17. Left Neckbreak
18. Left Forward Sweep
19. Right Ground Hook Kick
20. Left Ground Side Thrust
21. Left Ground Forward Thrust
22. Left High Knifehand Defense
23. Right Low Punch
24. Left High Punch
25. Right Knee Roundhouse
26. Left Chop
27. Right Underneath Punch
28. Left Ridgehand
29. Left Roundhouse
30. Left Hook Kick
31. Right Downward Elbow
32. Double Block
33. High Crosswrist Knifehand
34. Right Knee
35. Right Double Tiger Claw
36. Right Forward Thrust
37. Left Instep/Outstep
38. Left Ax Kick
39. Left Low Front Kick
40. Right Knee Drop
41. Right Hammerfist
42. Left Outside Knifehand Defense
43. Right Armbreak
44. Right Upward Chop
45. Right Low Side Thrust
46. Right Double Hook Kick
47. Left Reverse Sweep
48. Right Downward Reverse Chop
49. Left Spearhand
50. Right Stomp
51. Right Outward Crane
52. Left Tiger Claw
53. Right Straight Chop
54. Left Vertical Punch
55. Right Hook Punch
56. Left Reverse Downward Elbow
57. Left Backknuckle
58. Right Upward Reverse Chop
59. Earbox
60. Right Headsmash to Knee
61. Right Roundhouse
62. Left Double Back Kick
63. Right Spinning Reverse Crescent
64. Right Reverse Sweep
65. Right Tiger Mouth
66. Left Ground Back Kick
67. Right Ground Side Thrust
68. Right Outside Knifehand Defense
69. Left Low Punch
70. Left Headsmash to Knee
71. Right Tiger Claw Rake
72. Right Uppercut
73. Left Leopard Paw
74. Right Foreknuckle
75. Left Upward Ridgehand
76. Left Reverse Elbow
77. Left Upward Hammerfist
78. Left Downward Backknuckle
79. Right Reverse Hammerfist
80. Left Elbow

Advanced Reaction Techniques - protection, club, knife, gun
Plain Clothes Terrain Sparring

NIDAN

BALISONG SET

Figure Eight Open

Thrust

Reverse Figure Eight Close

Inverted Back Open

Clip Close

GUARDIAN

1. Right Upward Crane
2. Right Crane Beak
3. Left Reverse Groin
4. Left Reverse Upward Elbow
5. Left Leg Kick Out
6. Right Spinning Hook Kick
7. Right Double Roundhouse
8. Right Upward Backknuckle
9. Left Underneath Leopard Paw
10. Right Downward Backknuckle
11. Left Double Forward Thrust
12. Right Jumping Spinning Hook Kick
13. Left Low Knifehand Defense
14. Right Groin Grab
15. Left Vertical Chop
16. Right Elbow
17. Left Neckbreak
18. Left Forward Sweep
19. Right Ground Hook Kick
20. Left Ground Side Thrust
21. Left Ground Forward Thrust
22. Left High Knifehand Defense
23. Right Low Punch
24. Left High Punch
25. Right Knee Roundhouse
26. Left Chop
27. Right Underneath Punch
28. Left Ridgehand
29. Left Roundhouse
30. Left Hook Kick
31. Right Downward Elbow
32. Double Block
33. High Crosswrist Knifehand
34. Right Knee
35. Right Double Tiger Claw
36. Right Forward Thrust
37. Left Instep/Outstep
38. Left Ax Kick
39. Left Low Front Kick
40. Right Knee Drop
41. Right Hammerfist
42. Left Outside Knifehand Defense
43. Right Armbreak
44. Right Upward Chop
45. Right Low Side Thrust
46. Right Double Hook Kick
47. Left Reverse Sweep
48. Right Downward Reverse Chop
49. Left Spearhand
50. Right Stomp
51. Right Outward Crane
52. Left Tiger Claw
53. Right Straight Chop
54. Left Vertical Punch
55. Right Hook Punch
56. Left Reverse Downward Elbow
57. Left Backknuckle
58. Right Upward Reverse Chop
59. Earbox
60. Right Headsmash to Knee
61. Right Roundhouse
62. Left Double Back Kick
63. Right Spinning Reverse Crescent
64. Right Reverse Sweep
65. Right Tiger Mouth
66. Left Ground Back Kick
67. Right Ground Side Thrust
68. Right Outside Knifehand Defense
69. Left Low Punch
70. Left Headsmash to Knee
71. Right Tiger Claw Rake
72. Right Uppercut
73. Left Leopard Paw
74. Right Foreknuckle
75. Left Upward Ridgehand
76. Left Reverse Elbow
77. Left Upward Hammerfist
78. Left Downward Backknuckle
79. Right Reverse Hammerfist
80. Left Elbow

Guardian Kempo Old Style

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| 81. Right Backknuckle | 121. Right Side Thrust |
| 82. Left Palm | 122. Left Spinning Reverse Crescent |
| 83. Left/Right Jumping Double Front Kick | 123. Right Underneath Leopard Paw |
| 84. Right Throat Poke | 124. Right Reverse Downward Elbow |
| 85. Left Jumping Spinning Reverse Crescent | 125. Right Ground Forward Thrust |
| 86. Left Inverted Ridgehand | 126. Left Ground Hook Kick |
| 87. Right Reverse Chop | 127. Left Ground Roundhouse |
| 88. Left Upward Elbow | 128. Right Ground Back Kick |
| 89. Left Double Tiger Claw | 129. Left Shoulder Roll |
| 90. Left Flying Side Thrust | 130. Right Ground Roundhouse |
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| 91. Left Knee Block | 131. Right Hooking Cross |
| 92. Left Side Thrust | 132. Right Reverse Groin Grab |
| 93. Left Reverse Crescent | 133. Right Reverse Upward Elbow |
| 94. Right Eye Poke | 134. Left Upward Reverse Chop |
| 95. Right Inverted Ridgehand | 135. Right High Punch |
| 96. Left Sternum Rake | 136. Left Thumb Poke |
| 97. Right Ki Drop | 137. Right Spearhand |
| 98. Left Knee Drop | 138. Left Double Roundhouse |
| 99. Right Downward Hammerfist | 139. Right Reverse Crescent |
| 100. Left Low Side Thrust | 140. Right Low Front Kick |
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| 101. Right Upward Ridgehand | 141. Right High Knifehand Defense |
| 102. Left Upward Palm | 142. Left Forward Crane |
| 103. Right Forward Crane | 143. Left Upward Crane |
| 104. Left Straight Chop | 144. Left Crane Beak |
| 105. Right Sternum Rake | 145. Left Tiger Claw Rake |
| 106. Double Side Palm | 146. Right Palm |
| 107. Right Double Side Thrust | 147. Right Double Forward Thrust |
| 108. Right Low Knifehand Defense | 148. Right Chop |
| 109. Left Reverse Chop | 149. Left Double Hook Kick |
| 110. Right Upward Palm | 150. Right Jumping Spinning Reverse Crescent |
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| 111. Left Tiger Mouth | 151. Left Hammerfist |
| 112. Right Middle Punch | 152. Left Upward Chop |
| 113. Left Low Palm Defense | 153. Left Reverse Hammerfist |
| 114. Right Crescent | 154. Right Tiger Claw |
| 115. Left Back Kick | 155. Left Ki Drop |
| 116. Right Shoulder Roll | 156. Low Crosswrist Knifehand |
| 117. Left Spinning Hook Kick | 157. Left Upward Backknuckle |
| 118. Right Vertical Leopard Paw | 158. Right Forward Sweep |
| 119. Left Hook Punch | 159. Right Hook Kick |
| 120. Right Neckbreak | 160. Left Armbreak |

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| 161. Left Knee | 181. Right/Left Jumping Double Front Kick |
| 162. Left Downward Reverse Chop | 182. Left Eye Poke |
| 163. Left Outward Crane | 183. Right Back Kick |
| 164. Right Inside Knifehand Defense | 184. Left Jumping Spinning Hook Kick |
| 165. Right Reverse Elbow | 185. Right Low Palm Defense |
| 166. Left Forward Thrust | 186. Left Hooking Cross |
| 167. Right Vertical Punch | 187. Right Thumb Poke |
| 168. Left Uppercut | 188. Left Crescent |
| 169. Right Leopard Paw | 189. Left Inside Knifehand |
| 170. Right Leg Kick Out | 190. Left Downward Hammerfist |
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| 171. Right Double Back Kick | 191. Right Vertical Chop |
| 172. Left Middle Punch | 192. Right Instep/Outstep |
| 173. Left Double Side Thrust | 193. Right Ax Kick |
| 174. Left Throat Poke | 194. Left Stomp |
| 175. Left Groin Grab | 195. Left Vertical Leopard Paw |
| 176. Right Upward Elbow | 196. Right Knee Block |
| 177. Double Chop | 197. Left Underneath Punch |
| 178. Right Upward Hammerfist | 198. Right Ridgehand |
| 179. Left Knee Roundhouse | 199. Left Foreknuckle |
| 180. Left Downward Elbow | 200. Right Flying Side Thrust |

Sword Form

- Bad Guy 1** - Upward Diagonal Forehand Slash - Right,
Middle Two Handed Thrust - Right Grip
- Bad Guy 2** - Downward Cut - Right Grip, Backhand Cut - Right Grip,
Diagonal Backhand Slash - Right Grip
- Bad Guy 3** - High One Handed Thrust - Left, Side Thrust - Left
- Bad Guy 4** - Downward Slash - Left Grip, Middle Two Handed Jab - Left Grip
- Bad Guy 5** - Upward Diagonal Forehand Slash - Left Grip,
High Two Handed Thrust - Left Grip, Roundhouse - Right, Reverse Elbow - Right
- Bad Guy 6** - Reinforced Guide Over - Left, Forehand Slash - Left,
Diagonal Backhand Slash - Left
- Bad Guy 7** - Inside High Block - Left Grip, Diagonal Backhand Slash - Left Grip,
Inside Two Handed Thrust - Left Grip, Forehand Slash - Left Grip
- Bad Guy 8** - Forehand Cut - Left Grip, Diagonal Forehand Cut - Left Grip,
Backhand Slash - Left Grip
- Bad Guy 9** - Upward Diagonal Forehand Slash - Left, Downward Slash - Left
- Bad Guy 10** - Reverse Chop - Right, Hook Kick - Right,
Upward Diagonal Backhand Slash - Right, Palm - Left
- Bad Guy 11** - Outside Deflect Riposte - Right
- Back to Bad Guy 10** - Cross Backward Thrust - Right Grip
- Back to Bad Guy 11** - Pommel Hammer - Right, Knee - Right,
Reinforced Blade Jab - Right, Reinforced Slash - Right
- Bad Guy 12** - Middle One Handed Thrust - Right, Inside High Block - Right Grip,
Forward Thrust - Left

Bad Guy 13 - Inside Two Handed Thrust - Right Grip
Back to Bad Guy 12 - Pommel Hammer - Right Grip, Knee - Left, Backhand Slash - Left, Elbow - Right
Bad Guy 14 - Downward Cut - Left Grip, Diagonal Backhand Cut - Left Grip, Diagonal Forehand Slash - Left Grip, Backhand Cut - Left Grip, Upward Diagonal Backhand Slash - Left Grip, Middle Two Handed Thrust - Left Grip
Bad Guy 15 - Inside High Block - Left Grip, Reinforced Block - Left, Reinforced Blade Jab - Left, Outside Deflect Riposte - Left
Bad Guy 16 - Outside Two Handed Thrust - Left Grip
Bad Guy 17 - Side Thrust - Right, Pommel Hammer - Left Grip, Diagonal Forehand Slash - Left, Upward Diagonal Backhand Slash - Left, Palm - Right, Middle One Handed Thrust - Left, Inside Deflect Riposte - Left
Bad Guy 18 - Back Thrust - Right, Cross Backward Thrust - Left Grip, Reinforced Slash - Left
Bad Guy 19 - Pommel Hammer - Left, Vertical Punch - Right, High Two Handed Jab - Left Grip, Downward Slash - Right, Roundhouse - Left, High One Handed Thrust - Right, Reverse Chop - Left, One Hand Headsmash to Knee - Left
Bad Guy 20 - Reinforced Block - Right, Diagonal Backhand Slash - Right, Vertical Punch - Left, Elbow - Left, Reverse Elbow - Left, Forehand Slash - Right Grip
Bad Guy 21 - Diagonal Forehand Slash - Right Grip, Backhand Slash - Right, Hook Kick - Left, Downward Slash - Right Grip
Bad Guy 22 - Outside High Block - Right Grip, Diagonal Backhand Cut - Right Grip, Forward Thrust - Right, One Hand Headsmash to Knee - Right
Bad Guy 23 - Upward Diagonal Backhand Slash - Right Grip, Forehand Cut - Right Grip, Diagonal Forehand Slash - Right
Bad Guy 24 - Middle Two Handed Jab - Right Grip, Reinforced Guide Over - Right, Upward Diagonal Forehand Slash - Right Grip, Backhand Slash - Right Grip, High Two Handed Jab - Right Grip
Bad Guy 25 - Outside Two Handed Thrust - Right Grip, Inside Deflect Riposte - Right
Bad Guy 26 - Back Thrust - Left, Diagonal Forehand Cut - Right Grip, Forehand Slash - Right,
Bad Guy 27 - High Two Handed Thrust - Right Grip

Throwing

Advanced Reaction Techniques - Multiple Opponent Open Hand

Armed Opponent Sparring - Escrima
 Armed Opponent Sparring - Knife
 Protection Sparring
 Team Sparring

SANDAN

KI FORM

1. Left Defensive Pivot
2. Right Defensive Pivot Guide Past
3. Right Weight Underside Takedown
4. Right Step Back
5. Left Forward Thrust
6. Left Deflect In Right Vertical Punch
7. Left Reverse Weight Underside Takedown
8. Right One Hand Push
9. Right Roundhouse
10. Right Reverse Elbow
11. Left Palm
12. Left Knee to Groin
13. Two Hand Block
14. Two Hand Push
15. Right Deflect In
16. Right Deflect Out
17. Left Elbow
18. Right Chop
19. Right Guide Past
20. Left Reverse Push
21. Left Duck
22. Right Deflect In Left Vertical Punch
23. Right Elbow
24. Left Middle Punch
25. Right Side Thrust
26. Left Back Kick
27. Left Step Back
28. Right Leg Deflect In
29. Left Ki Block
30. Left Weight Underside
31. Right Middle Punch
32. Right Forward Thrust
33. Right Duck
34. Left Roundhouse
35. Left Side Thrust
36. Right Reverse Push
37. Left Deflect Out
38. Left One Hand Push
39. Right Back Kick
40. Right Reverse Weight Underside Takedown
41. Left Guide Past
42. Left Deflect In
43. Right Palm
44. Left Leg Deflect In
45. Left Defensive Pivot Guide Past
46. Left Chop
47. Right Ki Block
48. Right Defensive Pivot
49. Left Reverse Elbow
50. Right Knee to Groin

BALISONG FORM

1. Simple Open, Right backing up
2. Inside Thrust, Right
3. Upward Thrust, Right
4. Downward Elbow, Left
5. Figure Eight Close, Right
6. Up Hammer, Left forward
7. Inverted Reverse Hammer, Left
8. Inverted Back Open, Left
9. Inverted Inside Slash, Left
10. Reinforced Stab, Left
11. Hook Kick, Left left
12. Downward Backhand Stab, Left
13. End Punch, Left
14. Inverted Outside Slash, Left
15. Vertical Punch, Right
16. Inside Stab, Left
17. Reverse Elbow, Left
18. Back Knuckle, Right right to middle
19. Side Thrust, Right
20. Inverted Back Close, Left
21. Figure Eight Open, Right right to end
22. Inside Slash, Right
23. Outside Slash, Right
24. Thrust, Right
25. Simple Close, Right

26. Diagonal Backhand Hammer, Right
27. Foreknuckle, Left
28. End Punch, Right
29. Straight Chop, Left
30. Inside Hammer, Right

31. Reverse Figure Eight Open, Left lft2 middle
32. Outside Hammer, Left
33. Outside Thrust, Left
34. Downward Slash, Left
35. Straight Chop, Right
36. Thrust, Left

37. Reverse Elbow, Right forward
38. Inside Thrust, Left
39. Reverse Figure Eight Close, Left, *cover*

40. Inverted Back Open, Right
41. Back Knuckle, Left
42. Inverted Inside Slash, Right
43. Outside Stab, Right
44. Inverted Outside Slash, Right
45. Middle Punch, Left
46. Inside Stab, Right
47. Reinforced Stab, Right
48. Clip Close, Right

49. Figure Eight Open, Left
50. Inside Slash, Left
51. Outside Slash, Left

52. Side Thrust, Left backwards
53. Diagonal Backhand Hammer, Left
54. Foreknuckle, Right
55. Upward Thrust, Left
56. Downward Elbow, Right

57. Simple Close, Left
58. Reverse Hammer, Left
59. Inside Hammer, Left
60. High Punch, Right
61. Forward Hammer, Left
62. Forward Thrust, Right

63. Inverted Front Open, Right
64. Reverse Hammer, Right
65. Inverted Downward Slash, Right
66. Inverted Reverse Hammer, Right
67. High Punch, Left
68. Inverted Upward Slash, Right
69. Downward Backhand Stab, Right
70. Palm, Left
71. Forward Thrust, Left
72. Inverted Back Close, Right

73. Inverted Front Open, Left
74. Palm, Right
75. Inverted Downward Slash, Left
76. Outside Stab, Left
77. Groin Grab, Right
78. Upward Reverse Hammer, Left
79. Inverted Upward Slash, Left
80. Clip Close, Left

81. Back Kick, Right back to middle
82. Up Hammer, Right

83. Upward Reverse Hammer, Right left
84. Forward Hammer, Right
85. Hook Kick, Right

86. Simple Open, Left right
87. Down Hammer, Left
88. Middle Punch, Right
89. Diagonal Forehand Hammer, Left

90. Figure Eight Close, Left
91. Down Hammer, Right
92. Outside Hammer, Right
93. Back Kick, Left

94. Reverse Figure Eight Open, Right to middle
95. Outside Thrust, Right
96. Vertical Punch, Left
97. Diagonal Forehand Hammer, Right
98. Groin Grab, Left
99. Downward Slash, Right
100. Reverse Figure Eight Close, Right

Advanced Reaction Techniques - Multiple Opponent Open Hand