



White Tiger Kenpo Jujits

Blue Belt



1. **Evading the Storm:** *right punch*
2. **Bridging the Gap:** *push*
3. **Advancing Phoenix AB:** *A) right punch B) right punch, left grab*
4. **Two Headed Serpent AB:** *front choke*
5. **Reversing Grasp AB:** *cross arm grab*
6. **Reaching for the Moon AB:** *left grab, right foot forward*
7. **Flashing Daggers ABC:** *two hand push*
8. **Bending the Limb AB:** *two hands on one*
9. **Wrap Arouds ABC:** *two man attack sides*
10. **Crouching Falcon:** *two hand choke*
11. **Darting Serpent:** *push*
12. **Silk Wind:** *interlocked arms from behind*
13. **Capturing Leaves:** *counter against lock*
14. **Crossing the Lock AB:** *double wrist grab*
15. **Darkness AB:** *right punch*
16. **Spinning from the Sun:** *overhead club*
17. **Folding Wings:** *two man attack*
18. **Vice:** *right punch*
19. **Dancing with the Flame AB:** *Gun and Knife*
20. **Stretching the Bow:** *right punch*
21. **Arcing Blades:** *right punch*
22. **Circle of China:** *front kick while on Knee*
23. **Calming the Storm:** *right punch*
24. **Returning Thunder:** *offensive kick*
25. **Chokes and Strangles ABCD**
26. **The Serpent:** *front snap kick*
27. **Broken Staff:** *right shoulder grab- side*
28. **Circling Serpent AB:** *right punch*
29. **Chinese “L” Choke AB:** *rear choke*
30. **5 Swords AB:** *right punch*

Short 3
Long 2

