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Blue Belt Youth Requirements

1. **Bridging the Gap:** *two hand push*
2. **Advancing Phoenix:** *left grab to lapel, right punch*
3. **Flashing Daggers:** *two hand push*
4. **Silk Wind:** *inner locked arms*
5. **Spreading the Leaves:** *full nelson*
6. **Crossing the Lock:** *double wrist grab*
7. **Folding Wings:** *shoulder grab from both sides*
8. **Vise:** *right punch*
9. **Swinging Gate:** *two hand grab*
10. **Stretching the Bow:** *right punch*
11. **Arcing Blades:** *right or left punch*
12. **Circle of China:** *defense against kick while on knee*
13. **Silent Escape:** *hammerlock*
14. **Returning Viper:** *counter kick*
15. **Returning Thunder:** *counter kick*
16. **The Serpent:** *right kick*

拳
法
唐
手

Forms

Short 3



1. Bridging the Gap: *two hand push*

9:00



12:00



Right foot shuffles to 12:00 as you do a double hooking block, to inside of wrists.

9:00



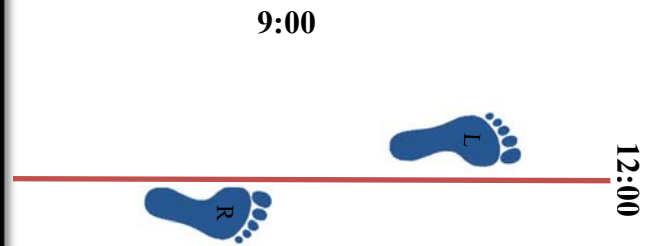
12:00



Followed by double vertical punches to ribs.



Double back knuckle to temple.





Double cross hand eye strike.

9:00



12:00



2. Advancing Phoenix: right punch, left hand grab

Left hand pins left hand, right inward block to right punch.
Right front snap kick to groin.

9:00

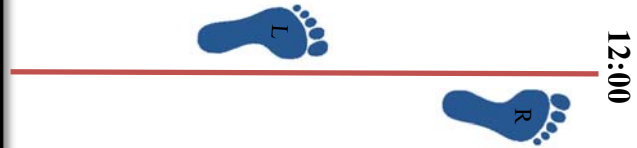


12:00



Drive right elbow on to left arm.

9:00



Followed by a right uppercut elbow strike to chin.

9:00

