

AIK CURRICULUM FORMS

Elbow Set
Open Hand Set

Triple Block Form

Inward Blocks
Outward Blocks
Upward Blocks
Downward Blocks
▶ Triple Block Isolation

Leverage Form

Dominating Eagles
Rooted Bear
Rotating Restraints
Circling Death
Echoed Claw
Resisting Surrender
Countering Eagles & Lightning
Hammering Vice
Leveraged Guard
Crossed Restraints
Rotating Guard
Dominating Hawk & Ram
Leveraged Bear

Twin Horse Form

Dominating Eagles
▷ Single Wrist Grab Isolation
Rooted Bear
▷ Circling Hawk
▶ Hug & Hold Isolation
Chopping Palms
Southern Claw
▶ Shoulder Grab Isolation
Echoed Claw
Echoed Palms
Dominating Palms
Rotating Guard
Resisting Surrender
▷ Rotating Surrender
Leveraged Talons

Mass Attack Form

Courting Falcons
Courting Rage & Bear
Courting Ram & Falcon
Courting Ram & Bear
Courting Horn & Rage
Escorting Falcons & Claws
Escorting Falcons
Courting Falcons & Claws
Escorting Ram & Palms
Courting Hawk & Falcon

Block Set
Cage Set

Intercept Form

Inward Blocks & Chops
Outward Blocks & Punches
Upward Blocks & Middle Knuckle
Downward Blocks & Palms
Outward Extended Block & ½ Fist

Counter Strike Form

Inward Block Counters
Outward Block Counters
X-Block Counters
Downward Block Counters
Outward Extend Block Counters
Down/In Palm Up Counters
Down/In Palm Down Counters
Push Down Block Counters
Punch Inward Block
Down/Out Palm Up Counters
▶ Elbow Isolation

Multi Strike Form

Western Horn & Ram
▷ Double Strike Isolation
▷ Double Block Isolation
Dominating Claw & Ram
Southern Horn & Ram
Leveraged Ram
Northern Ram
Raking Ram
Bracing Ram
Leveraged Lightning & Ram
Hammering Ram
Rooted Lightning & Ram
Clashing Thunder & Horn
Circling Palms
Circling Horn & Ram
▶ Bracing Palms & Ram Isolation
▶ Open Hand Isolation
Bracing Lightning
Grounded Thunder
Descending Ram
Shielding Ram
Countering Ram
Eastern Horn

Kick Set
Closed Hand Set

Block Punch Form

Inward Blocks & Punches
Outward Blocks & Punches
Upward Blocks & Punches
Downward Blocks & Punches
▶ Punch Isolation

Push Pull Form

Ascending Talons
Southern Palms
Ascending Palm
Broken Palm
Redirected Hawk
Redirected Palm
Chopping Falcon
Western Falcon
Leveraged Claw
Southern Hawk
Clashing Eagles
Northern Eagles
▶ Southern Eagles Isolation

Take Down Form

Redirected Ram
Grounded Ram
Crushing Ram
Tripping Ram
▶ Footwork & Kicking Isolation
Strangling Ram
Tripping Oak
Grounded Hawk
Rooted Ram
Western Ram

Weapons Form

Redirected Steel
Southern Steel (Horn & Ram)
Chopping Steel (Oak)
Bracing Steel
Descending Steel
Northern Oak
Rotating Oak
Leveraged Oak
Eastern Steel
Redirected Fire
Rotating Fire
Ascending Fire
Grounded Fire
▶ Opposing Circles Isolation

Beginner

Intermediate



Intermediate



Intermediate



1st

2nd

3rd

4th

5th