Beginner 1

Countering Hawk

Echoed Palms

Redirected Horn

Rotating Restraints

Northern Vine

Broken Death

Elbow Set

Beginner 2

Echoed Claw

Ascending Palm

Shielding Horn

Northern Honor

Northern Vice

Hammering Vice

Block Set

Beginner 3

Northern Eagles

Southern Palms

Shielding Ram

Resisting Surrender

Leveraged Guard

Countering Death

Kick Set

Beginner



Intermediate 1

Clutching Falcon

Chopping Palms

Western Ram

Avoiding Lightning

Crossed Restraints

Resisting Bear

Leveraged Death

Clashing Ram

Open Hand Set

Intermediate 2

Redirected Rage

Northern Palm

Strangling Ram **Evading Thunder**

Broken Honor

Leveraged Bear

Leveraged Vice

Circling Horn & Ram

Cage Set

Intermediate 3

Ascending Talons

Redirected Palms

Rooted Ram

Redirected Lightning

Rotating Surrender

Rooted Bear

Rotating Death

Redirected Ram Closed Hand Set

Intermediate



Advanced 1

Dominating Hawk & Ram

Western Falcon

Raking Ram

Northern Horn

Raking Lightning

Strangling Bear

Entwined Vine

Clutching Hawk

Triple Block Form

Advanced 2

Southern Claw

Leveraged Rage

Hammering Ram

Bracing Thunder

Dominating Bear

Descending Vine

Redirected Eagles Intercept Form

Countering Talons

Advanced



Junior Black 1

Grounded Hawk

Dominating Ram

Avoiding Restraints

Circling Falcon

Eastern Horn

Crushing Bear

Southern Lightning

Clashing Horn

Countering Ram

Ascending Lightning

Rotating Bear

Resisting Guard

Block Punch Form

Circling Death

Redirected Hawk

Dominating Palms

Rotating Vine

Junior Black 2

Leveraged Claw Grounded Ram

Escaping Vice 2:1

Tripping Bear

Southern Eagles

Black

Broken Palm

Eastern Thunder

Entwined Honor

Clashing Rage Chopping Horn

2:2

Rotating Guard Western Horn & Ram

Advanced 3

Clashing Eagles

Northern Ram

Leveraged Ram

Avoiding Hawk

Junior Black 3

Dominating Eagles Rotating Ram

Leveraged Surrender

Crossed Death Black

> Leveraged Talons **Crushing Ram Grounded Bear**

Chopping Falcon

Black 3:2

Circling Palms

Echoed Lightning & Thunder Escaping Guard Tripping Ram



Junior Black

