

Green belt techniques

#1: Fist of Fury

<p>Attack: Inside right roundhouse/straight punch</p> <p>Web of Knowledge Grouping: 3. Punches</p> <p>Technique Theme: Continuous sequential striking</p> <p>Primary Stances: Right neutral bow Right forward lunge stance Right cross stance</p> <p>Primary Blocks/Checks: Right double inward block (supplemented with left hand blocking in unison)</p> <p>Primary Strikes: Right back knuckle strike Left fore-knuckle strike Right upper cut strike Left back knuckle strike Right fore-knuckle strike</p>	<p>Important Concepts: Establishing base Ricocheting(R block into R back knuckle) Instantaneous acceleration Economy of motion Body alignment Mass in motion/ back up mass (forward lunge w/L fore-knuckle) Torque(cross stance w/ R fore knuckle) Tracking Sequential flow of action (upper cut brings head down for back knuckle) Cocking weapons</p> <p>Related Techniques: Delayed Sword Returning Serpent Up the Circle Crenshaw High Five</p> <p>Masterform Direction: Right 90° (3 o'clock)</p>
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#2: Gathering the Dragon

<p>Attack: Outside left straight punch</p> <p>Web of Knowledge Grouping: 3. Punches</p> <p>Technique Theme: Sequential flow of action to gain momentum and blitz the opponent</p> <p>Primary Stances: Right cross stance Right twist stance Right rear bow</p> <p>Primary Blocks/Checks: Right parry Left lower check Left waiter hand check (upper left zone) Left crane hand arm bar</p> <p>Primary Strikes: Right Back Knuckle Strike (ribs) Left Open Heel-Claw Strike (jaw/nose) Right Ridge Hand Strike (back of neck) Left Inside Leg Buckle</p>	<p>Important Concepts: Establishing base Instantaneous acceleration Economy of motion Body alignment Mass in motion/ back up mass (open palm strike w/ move to twist stance) Torque (open palm strike w/ twist stance) Tracking (open palm tracks attacker's arm to head) Opposing forces (left arm pull w/ left buckle) Manipulating center of gravity (keeping attacker close when buckling)</p> <p>Related Techniques: Up the Circle (utilizing cross stance) Trapped Lighting</p> <p>Masterform Direction: Back 90° (6 o'clock)</p>
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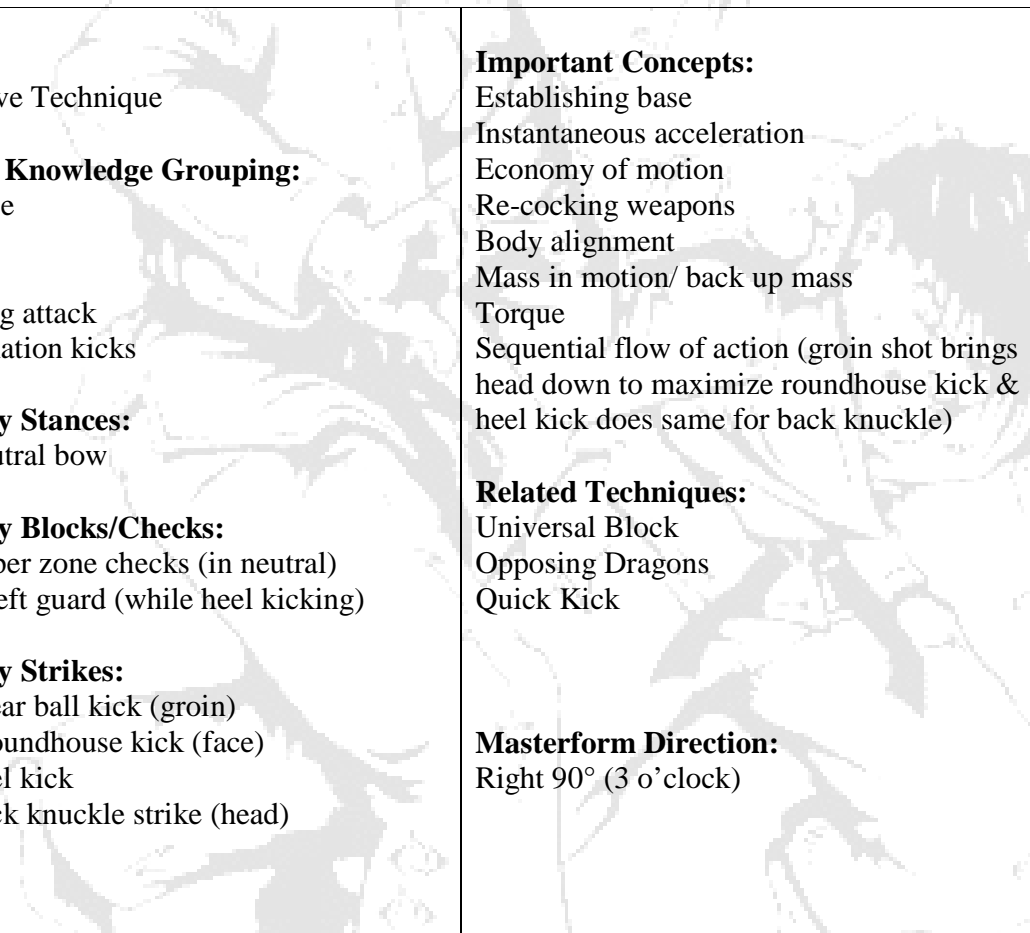
#3: Bolo

<p>Attack: Inside right roundhouse punch</p> <p>Web of Knowledge Grouping: 3. Punches</p> <p>Technique Theme: Point of origin striking: Bolo strike (big circular movements)</p> <p>Primary Stances: Left cat stance Left forward lunge Right neutral bow</p> <p>Primary Blocks/Checks: Left outward block Right upper zone check (after bolo) Left upper zone check (with bolo strike)</p> <p>Primary Strikes: Left ball kick (groin) Right bolo strike (face) Right straight punch (chest or face) Right thrust kick (diaphragm)</p>	<p>Important Concepts: Balancing over center line Centrifugal force (bolo strike) Body alignment Dead motion (R Hand at side before bolo) Mass in motion/back up mass (Body mass backing up R straight punch & R thrust kick) Sequential flow of action (L kick brings head down to maximize affect of bolo)</p> <p>Related Techniques: Sword of Destruction Chinese Longhand (big circular motions) Thrusting Release</p> <p>Masterform Direction: Back Left 45° (7 o'clock)</p>
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#4: Up the Circle

<p>Attack: Inside right roundhouse kick</p> <p>Web of Knowledge Grouping: Roundhouse kicks</p> <p>Theme: Moving up the circle Attacking simultaneously while defending</p> <p>Primary Stances: Right neutral bow Right cross stance Right twist stance Right rear bow</p> <p>Primary Blocks/Checks: Right inward block Left downward block Left upper zone check</p> <p>Primary Strikes: Right straight punch (face) Right hammer fist (groin) Left heel claw strike (face) Right rear elbow</p>	<p>Important Concepts: Borrowed force (using attacker's force against them for lead punch when deflecting the kick) Establishing base Instantaneous acceleration Economy of motion Body alignment Mass in motion/ back up mass (open palm strike w/ move to twist stance and elbow strike at the end of the technique) Torque (first strike with up the circle maneuver) Tracking (elbow tracks up attackers body to face)</p> <p>Related Techniques: Gathering the Dragon</p> <p>Masterform Direction: Back Left 45° (7 o'clock)</p>
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#5: Rolling Thunder



<p>Attack: Offensive Technique</p> <p>Web of Knowledge Grouping: Freestyle</p> <p>Theme: Initiating attack Combination kicks</p> <p>Primary Stances: Left neutral bow</p> <p>Primary Blocks/Checks: Left upper zone checks (in neutral) Upper left guard (while heel kicking)</p> <p>Primary Strikes: Right rear ball kick (groin) Right roundhouse kick (face) Left heel kick Left back knuckle strike (head)</p>	<p>Important Concepts: Establishing base Instantaneous acceleration Economy of motion Re-cocking weapons Body alignment Mass in motion/ back up mass Torque Sequential flow of action (groin shot brings head down to maximize roundhouse kick & heel kick does same for back knuckle)</p> <p>Related Techniques: Universal Block Opposing Dragons Quick Kick</p> <p>Masterform Direction: Right 90° (3 o'clock)</p>
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#6: Twirling Fans

Attack:

Inside left+right punching combo

Web of Knowledge Grouping:

3. Punches

Theme:

Circular movement, waiter hand checking

Primary Stances:

Right cat stance

Horse stance

Right neutral bow

Right forward lunge

Primary Blocks/Checks:

Waiter-hand parries/check

Low hand checks (on opposite side of waiter hand)

Upper zone checks (in neutral)

Primary Strikes:

Right front ball Kick (groin)

Right hammer fist strike (groin)

Left face rake

Right upper cut punch (chin)

Important Concepts:

Balancing over center line

Instantaneous acceleration

Economy of motion

Body alignment

Torque

Sequential flow of action (hammer fist to groin brings head down for face rake)

Related Techniques:

Eye of the Storm

Inside the Storm

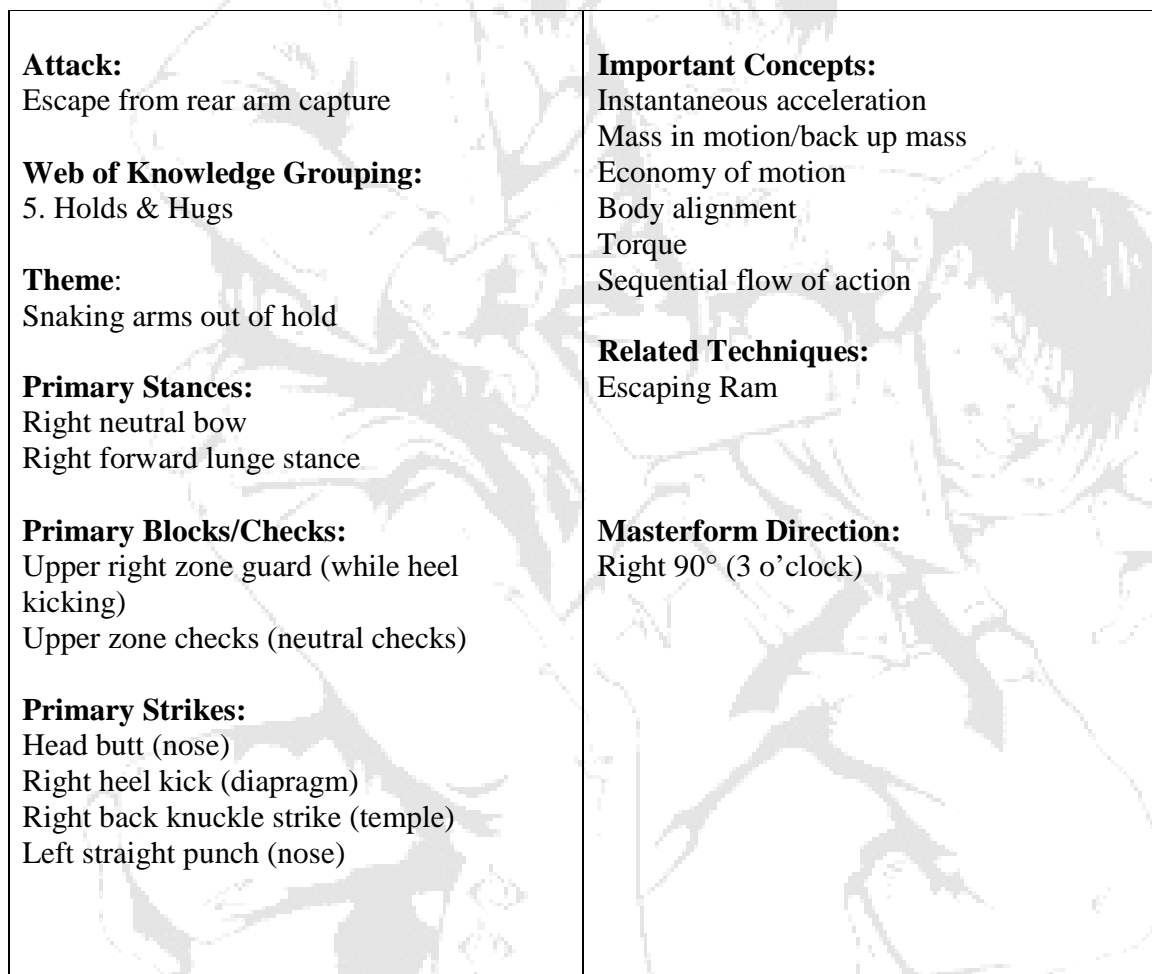
Masterform Direction:

Left 90° (9 o'clock)

#7: Stinging Butterfly

<p>Attack: Outside right straight punch or jab</p> <p>Web of Knowledge Grouping: 3. Punches</p> <p>Theme: Springing off the rear foot, wind-milling sword hand/ridge hand strikes</p> <p>Primary Stances: Right neutral bow Right forward lunge</p> <p>Primary Blocks/Checks: Left parry Right outward block Instep kick (leg check) Left looping heel palm check (pins attackers left arm) Lower zone knee checks</p> <p>Primary Strikes: Instep kick (knee) Roundhouse Thai kick (diaphragm) Right elbow (temple/mastoid) Right sword hand strike (neck) Left sword hand strike (neck) Right ridge hand strike (neck)</p>	<p>Important Concepts: Instantaneous acceleration Mass in motion/back up mass Economy of motion Body alignment Torque Sequential flow of action Tracking Obscure zone Immobilization</p> <p>Related Techniques: Obscure Wing Thai Boxer Leaping Thunder Leaping Tiger</p> <p>Masterform Direction: Right 90° (3 o'clock)</p>
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#8: Escaping Wings



<p>Attack: Escape from rear arm capture</p> <p>Web of Knowledge Grouping: 5. Holds & Hugs</p> <p>Theme: Snaking arms out of hold</p> <p>Primary Stances: Right neutral bow Right forward lunge stance</p> <p>Primary Blocks/Checks: Upper right zone guard (while heel kicking) Upper zone checks (neutral checks)</p> <p>Primary Strikes: Head butt (nose) Right heel kick (diaphragm) Right back knuckle strike (temple) Left straight punch (nose)</p>	<p>Important Concepts: Instantaneous acceleration Mass in motion/back up mass Economy of motion Body alignment Torque Sequential flow of action</p> <p>Related Techniques: Escaping Ram</p> <p>Masterform Direction: Right 90° (3 o'clock)</p>
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#9: Broken Lightning

Attack:

Inside left grab/push/punch

Web of Knowledge Grouping:

1. Grabs
2. Pushes
6. Chokes

Theme:

“De-fanging the snake,” simultaneous multi-zone striking

Primary Stances:

Right cat stance
Right forward lunge
Right neutral bow

Primary Blocks/Checks:

Left hand grab w/ right open palm
Check/strike
Right crane hand (attackers left arm)
Left upper zone check (chest height)
Right upper zone check (above head)

Primary Strikes:

Right front ball kick (groin)
Double heel-palm strike (elbow break)
Left sword hand strike (neck)
Right middle knuckle strike (temple)
Right elbow-heel-palm sandwich (head)
Right eye rake
Left sword hand strike (neck)
Right hammer fist (clavicle)

Important Concepts:

Instantaneous acceleration
Mass in motion/back up mass
Economy of motion
Body alignment
Torque
Sequential flow of action
Marriage of gravity

Related Techniques:

Crenshaw High Five
Circling Devastation
Eye of the Storm

Masterform Direction:

Front 90° (12 o'clock)