

Yellow Belt Techniques

#1 Delayed Sword

Attack:

Inside right roundhouse/straight punch

Web of Knowledge Grouping:

1. Grabs
2. Pushes
3. Punches
6. Locks and chokes

Technique Theme:

Attacking and defending with the same hand

Primary Stances:

Right neutral bow
Right cat stance

Primary Blocks/Checks:

Right inward block (supplemented with left hand check)

Primary Strikes:

Right front ball kick
Right sword hand strike

Important Concepts:

Establishing base
Ricocheting (R block into R sword hand)
Economy of motion
Body alignment
Mass in motion/ back up mass (sword hand)

Related Techniques:

Fists of Fury
Returning Serpent
Raking Hammer
Crenshaw High Five

Yellow Belt Techniques

#2 Obscure Wing

Attack:

Defense against a right shoulder grab

Web of Knowledge Grouping:

1. Grabs and tackles

Technique Theme:

Sequential flow of action

Multiple consecutive strikes with the same extremity

Primary Stances:

Horse stance

Primary Blocks/Checks:

Right counter grab

Primary Strikes:

Left elbow strike

Left hammer fist

Some Important Concepts:

Establishing base

Ricocheting(elbow to hammer to elbow)

Economy of motion

Body alignment

Sequential flow of action

Obscure zone

Tracking

Borrowed force

Related Techniques:

Hidden Wing

Arm Bar Escape

Circling Devastation

Raking Eight

Yellow Belt Techniques

#3 Sword of Destruction

Attack:

Defense against a left straight or roundhouse punch

Web of Knowledge Grouping:

3. Punches

Technique Theme:

Point of origin striking

Primary Stances:

Right neutral bow
Right cat stance

Primary Blocks/Checks:

Right outward block
Left mid-zone check

Primary Strikes:

Right front ball kick
Right inward sword hand

Some Important Concepts:

Establishing base
Ricocheting (outward block to sword hand)
Economy of motion
Body alignment
Point of origin striking
Tracking
Marriage of gravity

Related Techniques:

Thunder and Lightning
Returning Serpent
Fists of Fury
Crenshaw High Five
Dropping the Storm
Chinese Longhand

Yellow Belt Techniques

#4 Lone Kimono

Attack:

Defense against a front hand lapel grab

Web of Knowledge Grouping:

1. Grabs

Technique Theme:

Angle of disturbance-pulling opponent off their center line

Primary Stances:

Right neutral bow

Primary Blocks/Checks:

Right upward block

Left pinning check

Primary Strikes:

Right upward block (forearm strike)

Inward/downward forearm strike

Right outward sword hand

Some Important Concepts:

Establishing base

Ricocheting (outward block to sword hand)

Economy of motion

Body alignment

Tracking

Borrowed force

Angle of cancellation

“De-fanging the snake”

Related Techniques:

Broken Lightning

Hooked Lightning

Yellow Belt Techniques

#5 Thrusting Salute

Attack:

Defense against a right ball kick

Web of Knowledge Grouping:

4. Kicks

Technique Theme:

Angle of disturbance-pulling opponent off their center line

Primary Stances:

Left neutral bow
Left forward lunge
Right neutral bow

Primary Blocks/Checks:

Left downward block
Left check

Primary Strikes:

Right rear ball kick
Right heel palm/claw

Some Important Concepts:

Establishing base
Ricocheting (downward block to check hand)
Economy of motion
Body alignment
Tracking
Borrowed force
Angle of cancellation

Related Techniques:

Deflecting Thunder