



Home Practice Sheet

Ages 11 and younger

Intermediate level– Purple, blue, blue w/stripe belts

Basics and Combinations (Required material)

Material	Belt Rank	Stance	Repetitions	Notes
Basic Strikes				
Spear Hand strike			10	Do the techniques you have learned, and add the techniques as you learn them.
Hook Punch			10	
Basic kicks				
Roundhouse kick			5 each leg	
Combinations				
# 6	White		1	
# 7	White		1	
#3	Yellow		1	
#5	Orange		1	
#2	Orange		1	
4	Purple		3	
8	Blue		3	
8	Blue		3	
12	Blue w/stripe		3	





Home Practice Sheet

Ages 11 and younger

Intermediate level– Purple, blue, blue w/stripe belts

Basics and Self-Defense (Required material)

Material	Belt Rank	Stance	Repetitions	Notes
Basic strikes				
Corkscrew strike			10	Do the techniques you have learned, and add the techniques as you learn them.
Tiger claw			10	
Basic kicks				
Reverse crescent			10	
8-point blocking	White		1	
8-point blocks			1	
w/counterstrikes	Orange			
Shoulder roll	Yellow or Orange		1	
Slap out	Orange		1	
Wrist Grab Escape	Beginner		1	
Front Grab Escape	Beginner		1	Students ages 8+
Rear grab escape	Beginner		1	Students ages 8+
Side slap out	Intermediate		3 each side	
Front grab escape	Intermediate		3	
Rear grab escape	Intermediate		3	
Bear hug defense	Intermediate		3	
Tiger technique	Intermediate		3	Students ages 8+
Crane technique	Intermediate		3	Students ages 8+
Dragon technique	Intermediate		3	Students ages 8+





Home Practice Sheet

Ages 11 and younger

Intermediate level– Purple, blue, blue w/stripe belts

Basics and Footwork/Forms (Required material)

Material	Belt Rank	Stance	Repetitions	Notes
Basic strikes				
Leopard paw			10	
Basic Kicks				Do the techniques you have learned, and add the techniques as you learn them.
Side Thrust kick			5 each leg	
Half-Mooning	White or Yellow		10 Steps	
Shuffle Step	Orange		5	Step with your feet, DO NOT HOP!!!!!! Slow down! Do 5 steps on both sides.
Pivot step			10	
Cross over step			10	
# 1 Pinion	Yellow or Orange		1	Students age 8 and up when they are ready.
#2 Pinion	Intermediate		2	Students age 8 and up when they are ready.
# 1 Kata	Intermediate		2	Students age 8 and up when they are ready.

