

## **Yellow Belt Requirements**

### **KATAS - Short 1 (Right Side); Blocking Set 1**

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|--------------------------------|---|
| <b>1. Delayed Sword</b>        | <b>Right grab to your left lapel; front</b>     |
| <b>2. Alternating Maces</b>    | <b>Two hand push, low; front</b>                |
| <b>3. Sword of Destruction</b> | <b>Left Roundhouse punch; front</b>             |
| <b>4. Deflecting Hammer</b>    | <b>Right front step-through kick, front</b>     |
| <b>5. Captured Twigs</b>       | <b>Bearhug, arms pinned; rear</b>               |
| <b>6. The Grasp of Death</b>   | <b>Headlock; left flank</b>                     |
| <b>7. Checking the Storm</b>   | <b>Overhead club attack; front</b>              |
| <b>8. Mace of Aggression</b>   | <b>Two hand lapel grab, pulling in; front</b>   |
| <b>9. Attacking Mace</b>       | <b>Right thrust punch; front</b>                |
| <b>10. Sword and Hammer</b>    | <b>Left grab to right shoulder; right flank</b> |

### **Student Creed:**

*"I come to you with only Karate, empty hands, I have no weapons, but should I be forced to defend myself, my principles or my honor, should it be a matter of life or death, of right or wrong; then here are my weapons, Karate, my empty hands."*

## **Orange Belt Requirements**

### **KATA: Short 1; Kicking Set 1**

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|------------------------------------|--|
| <b>1. Clutching Feathers</b>       | <b>Left hand hair grab; front</b>                |
| <b>2. Triggered Salute</b>         | <b>Right hand push to left shoulder; front</b>   |
| <b>3. Dance of Death</b>           | <b>Right reverse punch; front</b>                |
| <b>4. Thrusting Salute</b>         | <b>Right step-through front kick; front</b>      |
| <b>5. Gift of Destruction</b>      | <b>Handshake (sucker punch); front</b>           |
| <b>6. Locking Horns</b>            | <b>Headlock; front</b>                           |
| <b>7. Lone Kimono</b>              | <b>Left hand lapel grab; front</b>               |
| <b>8. Glancing Salute</b>          | <b>Right hand push to right shoulder; front</b>  |
| <b>9. Five Swords</b>              | <b>Right step-through roundhouse punch</b>       |
| <b>10. Buckling Branch</b>         | <b>Left step-through front kick; front</b>       |
| <b>11. Scraping Hoof</b>           | <b>Full Nelson</b>                               |
| <b>12. Grip of Death</b>           | <b>Right arm headlock; left flank</b>            |
| <b>13. Crossing Talon</b>          | <b>Right grab to right wrist; front</b>          |
| <b>14. Repeating Mace</b>          | <b>Left hand push to chest; front</b>            |
| <b>15. Shielding Hammer</b>        | <b>Left step-through hooking punch; front</b>    |
| <b>16. Striking Serpent's Head</b> | <b>Bear hug, arms free; front</b>                |
| <b>17. Locked Wing</b>             | <b>Right hammerlock</b>                          |
| <b>18. Obscure Wing</b>            | <b>Left hand shoulder grab; right flank</b>      |
| <b>19. Reversing Mace</b>          | <b>Left step-through straight punch; front</b>   |
| <b>20. Thrusting Prongs</b>        | <b>Bear hug, arms pinned; front</b>              |
| <b>21. Obscure Sword</b>           | <b>Left hand shoulder grab; right rear flank</b> |
| <b>22. Twisted Twig</b>            | <b>Wrist lock; front</b>                         |
| <b>23. Raining Claw</b>            | <b>Right uppercut punch; front</b>               |
| <b>24. Crashing Wings</b>          | <b>Bear hug, arms free; rear</b>                 |

## **Purple Belt Requirements**

**KATAS: LONG 1; Finger Set 1; Coordination Set 1**

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|----------------------------------|---|
| <b>1. Twirling Wings</b>         | <b>Two-hand shoulder grab; rear</b>             |
| <b>2. Snapping Twig</b>          | <b>Left hand chest push</b>                     |
| <b>3. Leaping Crane</b>          | <b>Right step-through punch; front</b>          |
| <b>4. Swinging Pendulum</b>      | <b>Right roundhouse kick; front</b>             |
| <b>5. Crushing Hammer</b>        | <b>Bear hug, arms pinned; rear</b>              |
| <b>6. Captured Leaves</b>        | <b>Finger lock; right front flank</b>           |
| <b>7. Evading the Storm</b>      | <b>Overhead club attack; front</b>              |
| <b>8. Charging Ram</b>           | <b>Tackle; front</b>                            |
| <b>9. Parting Wings</b>          | <b>Two hand push; front</b>                     |
| <b>10. Thundering Hammers</b>    | <b>Right step-through punch; front</b>          |
| <b>11. Squeezing the Peach</b>   | <b>Bear hug, arms pinned; rear</b>              |
| <b>12. Circling Wing</b>         | <b>Two-hand choke, arms bent; rear</b>          |
| <b>13. Calming the Storm</b>     | <b>Step-through roundhouse club; front</b>      |
| <b>14. Darting Mace</b>          | <b>Two-hand wrist grab; front</b>               |
| <b>15. Hooking Wings</b>         | <b>Two-hand push, low; front</b>                |
| <b>16. Shield and Sword</b>      | <b>Left step-through punch; front</b>           |
| <b>17. Gift in Return</b>        | <b>Handshake (sucker punch); front</b>          |
| <b>18. Bow of Compulsion</b>     | <b>Right wrist lock, chest pin; front</b>       |
| <b>19. Obstructing the Storm</b> | <b>Right step-through overhead club; front</b>  |
| <b>20. Twin Kimono</b>           | <b>Two-hand lapel grab</b>                      |
| <b>21. Sleeper</b>               | <b>Right step-through straight punch; front</b> |
| <b>22. Spiraling Twig</b>        | <b>Bear hug, arms free; rear</b>                |
| <b>23. Cross of Destruction</b>  | <b>Two hand choke; rear</b>                     |
| <b>24. Flight to Freedom</b>     | <b>Right hammerlock</b>                         |

## **Blue Belt Requirements**

**KATAS: Short 2; Striking Set 1; Stance Set 1; Own Form 1**

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|---------------------------------|--|
| <b>1. Begging Hands</b>         | <b>Two hand wrist grab; front</b>              |
| <b>2. Thrusting Wedge</b>       | <b>Two hand push, high; front</b>              |
| <b>3. Flashing Wings</b>        | <b>Right step-through punch; front</b>         |
| <b>4. Hugging Pendulum</b>      | <b>Right thrusting knife-edge kick; front</b>  |
| <b>5. Repeated Devastation</b>  | <b>Full nelson</b>                             |
| <b>6. Entangled Wing</b>        | <b>Right figure-four lock; front</b>           |
| <b>7. Defying the Storm</b>     | <b>Right step-through roundhouse club</b>      |
| <b>8. Raking Mace</b>           | <b>Two-hand lapel grab, pulling in; front</b>  |
| <b>9. Snaking Talon</b>         | <b>Two hand push, or double punch; front</b>   |
| <b>10. Shield and Mace</b>      | <b>Right step-through punch; front</b>         |
| <b>11. Retreating Pendulum</b>  | <b>Right thrusting heel (back) kick; front</b> |
| <b>12. Tripping Arrow</b>       | <b>Bear hug, arms free; front</b>              |
| <b>13. Fallen Cross</b>         | <b>Two-hand choke; rear</b>                    |
| <b>14. Returning Storm</b>      | <b>Right backhanded club; front</b>            |
| <b>15. Crossed Twigs</b>        | <b>Two-hand wrist grab; rear</b>               |
| <b>16. Twist of Fate</b>        | <b>Two-hand push; front</b>                    |
| <b>17. Flashing Mace</b>        | <b>Right step-through punch; front</b>         |
| <b>18. Gift of Destiny</b>      | <b>Handshake (sucker punch); front</b>         |
| <b>19. Wings of Silk</b>        | <b>Elbow pin, (double hammerlock)</b>          |
| <b>20. Gripping Talon</b>       | <b>Left grab to right wrist; front</b>         |
| <b>21. Gathering Clouds</b>     | <b>Right step-through punch; front</b>         |
| <b>22. Destructive Twins</b>    | <b>Two-hand choke, pulling in; front</b>       |
| <b>23. Broken Ram</b>           | <b>Tackle; front</b>                           |
| <b>24. Circling the Horizon</b> | <b>Right step-through punch; front</b>         |

## **Green Belt Requirements**

KATAS: Long 2; Report: Meanings of the School Crest

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|----------------------------------|---|
| <b>1. Obscure Claws</b>          | <b>Left hand shoulder grab; right flank</b>   |
| <b>2. Encounter with Danger</b>  | <b>Two hand push, falling; front</b>          |
| <b>3. Circling Destruction</b>   | <b>Left step-through punch; front</b>         |
| <b>4. Detour from Doom</b>       | <b>Right roundhouse kick; front</b>           |
| <b>5. Squatting Sacrifice</b>    | <b>Bear Hug, arms free; rear</b>              |
| <b>6. Escape from Death</b>      | <b>Forearm strangle; rear</b>                 |
| <b>7. Brushing the Storm</b>     | <b>Overhead club attack; right flank</b>      |
| <b>8. Menacing Twirl</b>         | <b>Belt grab; rear</b>                        |
| <b>9. Leap from Danger</b>       | <b>Two-hand push, falling; rear</b>           |
| <b>10. Circles of Protection</b> | <b>Right overhead punch; front</b>            |
| <b>11. Circle of Doom</b>        | <b>Right front kick; front</b>                |
| <b>12. Broken Gift</b>           | <b>Handshake (sucker punch); front</b>        |
| <b>13. Heavenly Ascent</b>       | <b>Two-hand choke, pulling in; front</b>      |
| <b>14. Capturing the Storm</b>   | <b>Overhead club; front</b>                   |
| <b>15. Conquering Shield</b>     | <b>Left grab to right lapel; front</b>        |
| <b>16. Taming the Mace</b>       | <b>Right step-through punch; against wall</b> |
| <b>17. Twirling Sacrifice</b>    | <b>Full nelson</b>                            |
| <b>18. Cross of Death</b>        | <b>Two-hand cross-choke; front</b>            |
| <b>19. Securing the Storm</b>    | <b>Right roundhouse club; front</b>           |
| <b>20. Intercepting the Ram</b>  | <b>Tackle; front</b>                          |
| <b>21. Kneel of Compulsion</b>   | <b>Right step-through punch; right flank</b>  |
| <b>22. Clipping the Storm</b>    | <b>Right club thrust to midsection; front</b> |
| <b>23. Glancing Wing</b>         | <b>Right uppercut; front</b>                  |
| <b>24. The Back Breaker</b>      | <b>Right step-through punch; right flank</b>  |

### **3<sup>rd</sup> Brown Requirements**

#### **KATAS: Short 3; Stance Set 2**

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|------------------------------------|--|
| <b>1. Glancing Spear</b>           | <b>Right grab to left wrist; front</b>                 |
| <b>2. Thrust into Darkness</b>     | <b>Right step-through punch; left rear flank</b>       |
| <b>3. Circling Fans</b>            | <b>Left-right punch combination; front</b>             |
| <b>4. Rotating Destruction</b>     | <b>Right front kick - left spinning back kick</b>      |
| <b>5. Falcons of Force</b>         | <b>Two men, Shoulder grabs; both sides</b>             |
| <b>6. The Bear and the Ram</b>     | <b>Two men, Rear bear hug, front punch</b>             |
| <b>7. Raining Lance</b>            | <b>Right step-through overhead knife; front</b>        |
| <b>8. Desperate Falcons</b>        | <b>Two-hand wrist grab; front</b>                      |
| <b>9. Leap of Death</b>            | <b>Right step-through punch; front</b>                 |
| <b>10. Protecting Fans</b>         | <b>Left-right punch combination; front</b>             |
| <b>11. Deceptive Panther</b>       | <b>Right snap kick - roundhouse kick comb.</b>         |
| <b>12. Courting the Tiger</b>      | <b>Two men, wrist grabs, both sides</b>                |
| <b>13. Gathering of the Snakes</b> | <b>Two men, left punch-front; right punch rear</b>     |
| <b>14. Glancing Lance</b>          | <b>Knife thrust, high; front</b>                       |
| <b>15. Dominating Circles</b>      | <b>Right off-set grab to right shoulder; front</b>     |
| <b>16. Destructive Fans</b>        | <b>Right step-through punch; left flank</b>            |
| <b>17. Unfurling Crane</b>         | <b>Left-right punch combination; front</b>             |
| <b>18. Grasping Eagles</b>         | <b>Two men, r. arm grab, rear; lapel grab front</b>    |
| <b>19. Parting of the Snakes</b>   | <b>Two men, rear push into a right punch</b>           |
| <b>20. Thrusting Lance</b>         | <b>Knife thrust, low; front</b>                        |
| <b>21. Blinding Sacrifice</b>      | <b>Two-hand grab or choke; front</b>                   |
| <b>22. Snakes of Wisdom</b>        | <b>Two men, left &amp; right shoulder grabs; sides</b> |
| <b>23. Entwined Lance</b>          | <b>Right knife thrust, high; front</b>                 |
| <b>24. Falling Falcon</b>          | <b>Right grab to left lapel; front</b>                 |

## **2<sup>nd</sup> Brown Requirements**

**KATAS: Long 3; Report: "History of Ed Parker American Kenpo"**

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|-------------------------------------|---|
| <b>1. Fatal Cross</b>               | <b>Two-hand grab or push low; front</b>               |
| <b>2. Twirling Hammers</b>          | <b>Left step-through punch; front</b>                 |
| <b>3. Defensive Cross</b>           | <b>Right snap kick; front</b>                         |
| <b>4. Dance of Darkness</b>         | <b>Right kick followed by a right punch; front</b>    |
| <b>5. Marriage of the Rams</b>      | <b>Two men, double shoulder grabs; sides</b>          |
| <b>6. The Ram and the Eagle</b>     | <b>Two men, front right punch, rear collar grab</b>   |
| <b>7. Escape from the Storm</b>     | <b>Right overhead club; right flank</b>               |
| <b>8. Circling Windmills</b>        | <b>Two-hand push-Right punch Combo; front</b>         |
| <b>9. Destructive Kneel</b>         | <b>Right step-through punch; front</b>                |
| <b>10. Bowing to Buddha</b>         | <b>Right roundhouse kick, kneeling; front</b>         |
| <b>11. Reversing Circles</b>        | <b>Left roundhouse kick followed by left punch</b>    |
| <b>12. Reprimanding the Bears</b>   | <b>Two men, front right punch &amp; rear bear hug</b> |
| <b>13. Circling the Storm</b>       | <b>Right club thrust; front</b>                       |
| <b>14. Unfolding the Dark</b>       | <b>Left step-through punch; right rear flank</b>      |
| <b>15. Unwinding Pendulum</b>       | <b>Right kick followed by right punch; front</b>      |
| <b>16. Piercing Lance</b>           | <b>Right knife thrust, arms up; front</b>             |
| <b>17. Escape from the Darkness</b> | <b>Right step-through punch; left rear flank</b>      |
| <b>18. Capturing the Rod</b>        | <b>Right pistol holdup, close; front</b>              |
| <b>19. Prance of the Tiger</b>      | <b>Right step-through uppercut; right flank</b>       |
| <b>20. Broken Rod</b>               | <b>Right pistol holdup, against back; rear</b>        |
| <b>21. Entwined Maces</b>           | <b>Left-right punch combination; front</b>            |
| <b>22. Defying the Rod</b>          | <b>Right pistol holdup, high; front</b>               |
| <b>23. Fatal Deviation</b>          | <b>Right-left punch combination; front</b>            |
| <b>24. Twisted Rod</b>              | <b>Right pistol holdup, close; front</b>              |

## **1<sup>st</sup> Brown Requirements**

KATAS: Long 4; Own Form 2; Report: "Personal Martial Arts History"

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|------------------------------------|--|
| <b>1. Clutching Feathers</b>       | <b>Left hand hair grab; front</b>                |
| <b>2. Triggered Salute</b>         | <b>Right hand push to left shoulder; front</b>   |
| <b>3. Dance of Death</b>           | <b>Right reverse punch; front</b>                |
| <b>4. Thrusting Salute</b>         | <b>Right step-through front kick; front</b>      |
| <b>5. Gift of Destruction</b>      | <b>Handshake (sucker punch); front</b>           |
| <b>6. Locking Horns</b>            | <b>Headlock; front</b>                           |
| <b>7. Lone Kimono</b>              | <b>Left hand lapel grab; front</b>               |
| <b>8. Glancing Salute</b>          | <b>Right hand push to right shoulder; front</b>  |
| <b>9. Five Swords</b>              | <b>Right step-through roundhouse punch</b>       |
| <b>10. Buckling Branch</b>         | <b>Left step-through front kick; front</b>       |
| <b>11. Scraping Hoof</b>           | <b>Full Nelson</b>                               |
| <b>12. Grip of Death</b>           | <b>Right arm headlock; left flank</b>            |
| <b>13. Crossing Talon</b>          | <b>Right grab to right wrist; front</b>          |
| <b>14. Repeating Mace</b>          | <b>Left hand push to chest; front</b>            |
| <b>15. Shielding Hammer</b>        | <b>Left step-through hooking punch; front</b>    |
| <b>16. Striking Serpent's Head</b> | <b>Bear hug, arms free; front</b>                |
| <b>17. Locked Wing</b>             | <b>Right hammerlock</b>                          |
| <b>18. Obscure Wing</b>            | <b>Left hand shoulder grab; right flank</b>      |
| <b>19. Reversing Mace</b>          | <b>Left step-through straight punch; front</b>   |
| <b>20. Thrusting Prongs</b>        | <b>Bear hug, arms pinned; front</b>              |
| <b>21. Obscure Sword</b>           | <b>Left hand shoulder grab; right rear flank</b> |
| <b>22. Twisted Twig</b>            | <b>Wrist lock; front</b>                         |
| <b>23. Raining Claw</b>            | <b>Right uppercut punch; front</b>               |
| <b>24. Crashing Wings</b>          | <b>Bear hug, arms free; rear</b>                 |

## **1<sup>st</sup> Black Requirements**

**KATAS: Long Form #5; Staff Set #1; Black Belt Thesis; Report:  
“Personal Philosophy of the Martial Arts”**

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|----------------------------------|---|
| <b>1. Twirling Wings</b>         | <b>Two-hand shoulder grab; rear</b>             |
| <b>2. Snapping Twig</b>          | <b>Left hand chest push</b>                     |
| <b>3. Leaping Crane</b>          | <b>Right step-through punch; front</b>          |
| <b>4. Swinging Pendulum</b>      | <b>Right roundhouse kick; front</b>             |
| <b>5. Crushing Hammer</b>        | <b>Bear hug, arms pinned; rear</b>              |
| <b>6. Captured Leaves</b>        | <b>Finger lock; right front flank</b>           |
| <b>7. Evading the Storm</b>      | <b>Overhead club attack; front</b>              |
| <b>8. Charging Ram</b>           | <b>Tackle; front</b>                            |
| <b>9. Parting Wings</b>          | <b>Two hand push; front</b>                     |
| <b>10. Thundering Hammers</b>    | <b>Right step-through punch; front</b>          |
| <b>11. Squeezing the Peach</b>   | <b>Bear hug, arms pinned; rear</b>              |
| <b>12. Circling Wing</b>         | <b>Two-hand choke, arms bent; rear</b>          |
| <b>13. Calming the Storm</b>     | <b>Step-through roundhouse club; front</b>      |
| <b>14. Darting Mace</b>          | <b>Two-hand wrist grab; front</b>               |
| <b>15. Hooking Wings</b>         | <b>Two-hand push, low; front</b>                |
| <b>16. Shield and Sword</b>      | <b>Left step-through punch; front</b>           |
| <b>17. Gift in Return</b>        | <b>Handshake (sucker punch); front</b>          |
| <b>18. Bow of Compulsion</b>     | <b>Right wrist lock, chest pin; front</b>       |
| <b>19. Obstructing the Storm</b> | <b>Right step-through overhead club; front</b>  |
| <b>20. Twin Kimono</b>           | <b>Two-hand lapel grab</b>                      |
| <b>21. Sleeper</b>               | <b>Right step-through straight punch; front</b> |
| <b>22. Spiraling Twig</b>        | <b>Bear hug, arms free; rear</b>                |
| <b>23. Cross of Destruction</b>  | <b>Two hand choke; rear</b>                     |
| <b>24. Flight to Freedom</b>     | <b>Right hammerlock</b>                         |

**2<sup>nd</sup> Black Requirements**  
**KATAS: Long 6; Own Form #3**

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|---------------------------------|--|
| <b>1. Begging Hands</b>         | <b>Two hand wrist grab; front</b>              |
| <b>2. Thrusting Wedge</b>       | <b>Two hand push, high; front</b>              |
| <b>3. Flashing Wings</b>        | <b>Right step-through punch; front</b>         |
| <b>4. Hugging Pendulum</b>      | <b>Right thrusting knife-edge kick; front</b>  |
| <b>5. Repeated Devastation</b>  | <b>Full nelson</b>                             |
| <b>6. Entangled Wing</b>        | <b>Right figure-four lock; front</b>           |
| <b>7. Defying the Storm</b>     | <b>Right step-through roundhouse club</b>      |
| <b>8. Raking Mace</b>           | <b>Two-hand lapel grab, pulling in; front</b>  |
| <b>9. Snaking Talon</b>         | <b>Two hand push, or double punch; front</b>   |
| <b>10. Shield and Mace</b>      | <b>Right step-through punch; front</b>         |
| <b>11. Retreating Pendulum</b>  | <b>Right thrusting heel (back) kick; front</b> |
| <b>12. Tripping Arrow</b>       | <b>Bear hug, arms free; front</b>              |
| <b>13. Fallen Cross</b>         | <b>Two-hand choke; rear</b>                    |
| <b>14. Returning Storm</b>      | <b>Right backhanded club; front</b>            |
| <b>15. Crossed Twigs</b>        | <b>Two-hand wrist grab; rear</b>               |
| <b>16. Twist of Fate</b>        | <b>Two-hand push; front</b>                    |
| <b>17. Flashing Mace</b>        | <b>Right step-through punch; front</b>         |
| <b>18. Gift of Destiny</b>      | <b>Handshake (sucker punch); front</b>         |
| <b>19. Wings of Silk</b>        | <b>Elbow pin, (double hammerlock)</b>          |
| <b>20. Gripping Talon</b>       | <b>Left grab to right wrist; front</b>         |
| <b>21. Gathering Clouds</b>     | <b>Right step-through punch; front</b>         |
| <b>22. Destructive Twins</b>    | <b>Two-hand choke, pulling in; front</b>       |
| <b>23. Broken Ram</b>           | <b>Tackle; front</b>                           |
| <b>24. Circling the Horizon</b> | <b>Right step-through punch; front</b>         |

### **3<sup>rd</sup> Black Requirements**

KATAS: Long 7; Nunchuku Set #1

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|----------------------------------|---|
| <b>1. Obscure Claws</b>          | <b>Left hand shoulder grab; right flank</b>   |
| <b>2. Encounter with Danger</b>  | <b>Two hand push, falling; front</b>          |
| <b>3. Circling Destruction</b>   | <b>Left step-through punch; front</b>         |
| <b>4. Detour from Doom</b>       | <b>Right roundhouse kick; front</b>           |
| <b>5. Squatting Sacrifice</b>    | <b>Bear Hug, arms free; rear</b>              |
| <b>6. Escape from Death</b>      | <b>Forearm strangle; rear</b>                 |
| <b>7. Brushing the Storm</b>     | <b>Overhead club attack; right flank</b>      |
| <b>8. Menacing Twirl</b>         | <b>Belt grab; rear</b>                        |
| <b>9. Leap from Danger</b>       | <b>Two-hand push, falling; rear</b>           |
| <b>10. Circles of Protection</b> | <b>Right overhead punch; front</b>            |
| <b>11. Circle of Doom</b>        | <b>Right front kick; front</b>                |
| <b>12. Broken Gift</b>           | <b>Handshake (sucker punch); front</b>        |
| <b>13. Heavenly Ascent</b>       | <b>Two-hand choke, pulling in; front</b>      |
| <b>14. Capturing the Storm</b>   | <b>Overhead club; front</b>                   |
| <b>15. Conquering Shield</b>     | <b>Left grab to right lapel; front</b>        |
| <b>16. Taming the Mace</b>       | <b>Right step-through punch; against wall</b> |
| <b>17. Twirling Sacrifice</b>    | <b>Full nelson</b>                            |
| <b>18. Cross of Death</b>        | <b>Two-hand cross-choke; front</b>            |
| <b>19. Securing the Storm</b>    | <b>Right roundhouse club; front</b>           |
| <b>20. Intercepting the Ram</b>  | <b>Tackle; front</b>                          |
| <b>21. Kneel of Compulsion</b>   | <b>Right step-through punch; right flank</b>  |
| <b>22. Clipping the Storm</b>    | <b>Right club thrust to midsection; front</b> |
| <b>23. Glancing Wing</b>         | <b>Right uppercut; front</b>                  |
| <b>24. The Back Breaker</b>      | <b>Right step-through punch; right flank</b>  |