



Adult 3.1

Falcons of Force- Attack- Shoulder grabs (two person)

Defense- Right foot to 2:30 as right hand delivers chop to right opponents throat. Right foot to 12:00 with right hand finger poke to left opponents eye followed by left chop to same opponents throat. Left leg to 12:00 into cat stance. Right hand inside block/ hammer fist right opponent with a simultaneous right front kick. Left rear cross step with right rear kick to left opponent. Cross out followed by right spin hook kick to any target on right opponent.

Courting the Tiger- Attack- Left and right arm grabs

Defense- Right foot steps to 8:00 into twist stance as you anchor your right elbow and grab attacker's right arm pulling attacker towards you, simultaneously pushing other attacker back with a left elbow to face or chest. Right side kick and immediately front cross over with right foot and execute a left knee strike to attacker's right leg. Followed by a left sidekick to attacker's left leg. Plant left foot back to 3:00 and land in twist stance with a right back knuckle to attacker on your right. Chicken kick starting with left foot first to the attacker on your left. Land in right neutral bow with an upward stiff arm back knuckle strike. Deliver a right stiff leg rear scoop kick to attacker's jaw (right attacker). Cross out towards 6:00.

Grasping Eagles- Attack- Right lapel grab/ Left rear grab to right shoulder

Defense- Execute a right front kick to the front attacker's inner left knee and a left inward block to his grabbing arm. Simultaneously deliver a right hammer fist to rear attackers groin. Land forward into a right close kneel stance with a right heel palm to the front attacker's chin and a left heel palm to the rear attacker's groin. Follow with a left front kick to front attacker's groin. Land with feet close together and deliver a right rear kick to rear attacker.

The Ram And The Eagle- Attack- Left rear collar grab/right front punch

Defense- Step back with your right foot to 6:00 with a left inward block and a right outward hammer fist to the rear attacker's face. Step though and do flashing mace to front attacker finishing the technique facing 6:00 because second attacker is coming in with a right hook punch. Right advancing front kick to groin with a right inward block and execute five swords. After uppercut, rotate clockwise into a twist stance with a right heel palm to front attacker's face and a simultaneous left heel palm to rear attacker's groin. Right front kick to front attacker, finishing technique with a left rear kick to rear attacker.

Broken Rod- Attack- Rear right pistol against back

Defense- Rotate body clockwise with a right outside parry into a right wrist grab controlling the gun. Left step in towards opponent with left uppercut breaking the arm. Left back fist to the stomach, left leg step to forward bow as you put opponent into an arm bar. Push gun out with right hand and ridge hand strike with the butt of the gun followed by a right hammer fist strike with the barrel of the gun.

3.1 continued

Snakes Of Wisdom- Attack-Two-man shoulder grabs from sides

Defense- Right foot step back with two outward elbows and heel palm claws to the attackers' faces and wrap around their arms, applying pressure on the elbows, as you step forward with your right foot. Reverse the circles and grab behind the attackers' heads, forcing them into each other, then deliver a left rising knee to their heads. Plant left foot back to a right close kneel. Contour down opponents' arms and legs until you grab their ankles. Step back with right leg and drag opponents' feet out from under them. Right front kick to left attacker, followed by a left roundhouse to right opponent.

The Bear and the Ram- Attack- Front right punch/rear low bear hug (arms free)

Defense- Execute a right front kick with a simultaneous right inward block to front attacker. Follow that up by dropping your right foot to 3:00 into a horse stance and execute Crashing Wings to the rear attacker. Left foot performs a DEEP rear cross step followed by rear kick to front attacker. Without putting your foot down, perform a right front kick to rear attacker.

Marriage of The Rams- Attack- Two-man shoulder grabs from sides

Defense- Similar to **SNAKES OF WISDOM**, step back with right leg and reverse the circles of **SNAKES OF WISDOM**. **Hammer fists strike the groin and continue to circle through while stepping forward with your right leg until you latch onto the backs of both opponents' heads. "Split" the heads with a left returning knee strike. Slide hands down opponents' legs.** Grab both ankles and pull them outward from under your opponents and pull toward you as your right foot steps back into a left neutral bow. Trying to maintain grip on both ankles, execute a right front kick to left opponents groin and a left round kick to right opponents groin or face.

Reprimanding The Bears- Attack- Front right punch and rear bear hug (arms pinned)

Defense- Left foot steps to 9 o'clock, while pinning rear opponent's hands with your left hand. Right hammer fist to the groin of rear opponent. Right front kick to groin or chest of front opponent and bring leg back to a chambered position before planting toward 8 o'clock with a palm strike to rear opponent's groin. Right hand rising back fist to opponent's jaw, then grab head with left hand and rotate the head/neck counterclockwise. Right knee to the head of rear opponent and land in right front cross. Left sidekick to front opponent, right leg rear cross and back fist to front opponent. Turn and right front kick rear opponent.

Capturing the Rod- Attack- Right pistol against left chest

Defense- Right leg forward as you execute a left outside parry, bring the right arm over opponent's arm and trapping it with your elbow. Left hand two-finger eye poke. Using both hands turn the gun clockwise towards opponent. Right front kick to opponent's head as you push the gun out of the opponent's hand with your right hand, and strike the head.

3.1 Continued

Gathering Of The Snakes- Attack- 2 attackers in front. 1st attacker front left jab.

Defense- Step right leg to 2 o'clock and start reversing mace, left foot slide to 3 o'clock with left palm to face. Pivot to neutral bow with a right chop to the neck, grab shoulder with right hand and execute a right side kick to first opponent's left knee. As second opponent steps around first opponent; hit him/her with a roundhouse kick. Right foot front cross with double back fist to both opponents. Untwist legs with a right upward back fist to second opponent's jaw followed by a spin left rear kick. Finish with a left front kick to first opponent.

Shield & Mace – Attack - Right straight punch

Defense – Left foot steps towards 11:00 to left forward bow as you execute a right outward block with a left low straight punch to ribs. Drop to left wide kneel and deliver a right hammer to kidneys as left hand checks outside of opps arm. Left hand traps opps hand as your right palm circles to opps chin. Without loss of motion, right hand circles down to right outside chop to opps knee. Once opp is of balance, deliver right side kick to his left knee and cover out.

Triggered Salute – Attack - Right hand push to your left shoulder

Defense – As push comes in to “trigger” your response, right foot forward as left hand pins opps hand and right heel palm to chin. Right downward/outward circling crane hook to the opps arm. Right inward elbow to ribs. Right outward elbow to the kidney with right back fist following to the kidney. Right inverted punch to chin.

Thrusting Prongs- Attack – Front bear hug, arms pinned

Defense – Right foot back to 5:00, settling into left forward bow. That should make space to thrust your two thumbs (prongs) into opps groin. Left hand circle outside of opps right arm for a trap as right heel palm hits opps shoulder or face, causing them to turn away from you. Right knee to opps groin followed by right side kick to inside of opps knee or shin. As opp buckles, deliver right inward elbow to face.

Repeating Mace – Attack – Front left hand push

Defense - Left foot back to 5:00 with left outward brush block and right inward raking hammer fist to opponent's left kidney or ribs. Without loss of motion, right back knuckle to opponent's rib cage. Right downward roundhouse kick to back of opps knee.

Twisted Rod- Attack- Right pistol against right chest

Defense- Left foot forward as you execute a right outside parry, bring the left arm over opponent's arm and trapping it with your elbow. Using both hands turn the gun counter clockwise towards opponent. Rotate gun down and back past opponent's shoulder as you C-step around opponent with your right leg and take them down. Keep opponent's left arm extended as you twist arm and wrist over your knee. Right foot stomp to ribs and step over opponent. Pivot to closed kneel stance as you drop your right knee into the face of the opponent. Right hand two-finger eye poke and bring right hand back to hold gun. Switch closed kneel and bend arm over your right knee, right hand push gun out of opponent's hand. Right ridge hand strike with the butt of the gun followed by a hammer fist strike with the barrel of the gun. Right sidekick to the head or arm as you cover out to your left.