

Advanced Curriculum

<u>BROWN</u>	<u>GREY</u>	<u>BLACK</u>	<u>BLACK II</u>	<u>BLACK III</u>	<u>BLACK IV</u>
Iron Palm Breath & Dead Body Horizontal Strikes Iron Palm Bag Striking	Iron Palm Box Blocks 4 Block Pattern Noni Palm Bag Striking	Iron Palm Figure 8's 8 Direction/3 paths 5 Palm Bag Striking	Iron Palm 2 Hand Strikes Partner Paqua Hand Striking Crane/Mantis Bag Str.	Iron Palm Iron Palm 4 Corners Snake/Tiger Jar Strikes Pellet Bag (9 animal)	Iron Palm Breaking Wood & Bricks Fist Jar Strikes Rock Bag (9 animal)
Chin Na Monkey Finger Trapping Claw Eagle's Release Wrist Rolls Up Tiger Arm Bar	Chin Na Eagle's Escape Upward Elbow Wing Lift Over the Shoulder Double Arm Loop Chicken Wing	Chin Na Silent Crab & W.Ape Arm Bar f/ Behind Sleeper Hold Gong Escapes Yuen Escapes	Chin Na Eagle Claw Form A Chin Na - Double 1 Chin Na - Double 2 Chin Na - Double 3 Technique Escapes A	Chin Na Eagle Claw Form B Chin Na-Dim Shui 1 Chin Na-Dim Shui 2 Chin Na-Dim Shui 3 Technique Escapes B	Chin Na Eagle Claw (part II a+b) Trap and Roll Americana Arm Lock Mount Control Take Back the Mount
Swai Jow Front Fall Back Fall Forward Roll	Swai Jow Thigh Throw Hip Throw Shoulder Throw	Swai Jow Eagle's Take Down Tiger Take Down Dragon Bends Bar	Swai Jow Sacrifice Arm Lock Over Throw Tiger Mouth Throw	Swai Jow Sanshou 1 leg Sanshou Shoot Sanshou Downward Knee	Swai Jow 3 Chin Na Take Downs Leg Hook Take Down Body Fold Take Down
Dim Shui Forearm Pectoral Bicep-Tricep	Dim Shui Wrist Thumb Behind Elbow	Dim Shui Floating Rib Throat Behind the Ears	Dim Shui 4 Healing Points	Dim Shui 9 Dizzy Points	Dim Shui 6 Unique Points
Iron Body Forearm Back arm – Hand Six Star Strike	Iron Body Seven Star Legs Round House to Back Front Snap to Front	Iron Body Iron Body Form			