

Pai Lum Fist Sets – Defenses Against

| Rank | Name | Defense Against | Rank | Name | Defense Against |
|---------------|---|---|---------------|---|---|
| Yellow | Thunder & Earth Pushing the Circle Escaping Sparrow Blocking the Kick Escaping Tiger Gentle Thunder Removing Jewels Penetrating Earth | Double lapel grab Straight grab to right wrist Cross grab to right wrist Front snap kick Double wrist grab Left shoulder grab fbehind Side headlock Arm bar from behind | Orange | Dangerous Waters Lever Twisting Bird Opponents at Sides Arousing Mountain Tiger in the Cave Driving Tiger Passing the Horizon | Straight grab to left wrist Single lapel grab Single lapel grab Opponents at sides Right reverse punch Bear hug f behind arms free Double lapel grab Arm bar from behind |
| Purple | Dragon Stands Up Dragon Technique Rising Elbow Wrap Around Kimono Grab Monkey Spins Dragon Retreating Monkey Crash of the Eagle | Bear hug f/b arms pinned Right punch Bear hug f/b arms pinned Side shoulder grab Double lapel grab Side headlock Front two handed choke Rear two handed choke | Blue | Crane Leap Windmill Guard Full Nelson Bite of the Viper Aiming the Spear Driving Elbows Leopard Palm Cutting the Pagoda Locking Arm | Cross grab to right wrist Right punch Full Nelson Front snap kick Single lapel grab Bear hug f/b arms pinned Double lapel grab Right punch Arm bar from behind |
| Green | Flashing Wings Shackle Break Crossing Talons Crossing the Sun Drawbridge Slicing Dragon Kou Shu Cross Opening the Fan Crouching Falcon | Right punch Double wrist grab f behind Cross grab to right wrist Overhead strike Single lapel grab Right punch Right punch Right punch Double lapel grab | Brown | Circling Arms Tiger & Crane Search Yielding Fire Restrain the Prisoner Raising the Staff Sea Serpent Silver Blades Striking Fang Praying Mantis Rocking Elbow | Right punch Double lapel / rear choke Rear strangle Rear strangle Straight grab to right wrist Right punch Right punch Right punch from right side Double lapel grab Cross grab to right wrist |
| Grey | Jumping Crane Flowing Hands Kick of the Tiger Shrieking Serpent Snake and Ram Dance of the Daggers Walking Spirit Raising the Sword Falcon's Flight Short Wing Eagle Crash | Right punch Opponents at sides Right punch Right punch Arm bar from behind Right punch Left punch Cross grab to right wrist Opponents at sides Both shoulder rear grab | Black | Crane Dries Its Wings Twisting Tiger Snake Sheds Its Skin Pounding Jackel Riding DragonHeaven Elements of Battle Playful Monkey Mantis Blinds Tiger White Ape Grasps Stalking Shark Seizes | Double lapel grab Right punch Double lapel grab Right – left punch Charge Right punch Bear hug behind arms free Waist grab Double lapel grab Hi – low lapel grab |