

**BLUE BELT SYLLABUS SELF DEFENCE:**

**\*1. BEGGING HANDS:**

Front two hand grab to wrists..

**2. THRUSTING WEDGE:**

Front attempted strangle.

**\*3. FLASHING WINGS:**

Front right straight step thru punch.

**4. HUGGING PENDULUM:**

Front right thrusting knife edge kick.

**5. REPEATED DEVASTATION:**

Full nelson.

**6. ENTANGLED WING:**

Front arm lock..

**7. DEFYING THE STORM:**

Front right step thru round house club attack.

**8. RAKING MACE:**

Front two hand lapel grab, pulling in.

**9. SNAKING TALON:**

Front two hand push.

**\*10. SHIELD AND MACE:**

Front right step thru straight punch.

**11. RETREATING PENDULUM:**

Front right kick.

**12. TRIPPING ARROW:**

Front bear hug, arms free.

**SETS:**

**FINGER SET ONE.**

**STRIKING SET ONE.**

**13. FALLEN CROSS:**

Rear two hand choke.

**\*14. RETURNING STORM:**

Front inward round house back hand club.

**15. CROSSED TWIGS:**

Rear two hand grab to wrists.

**16. TWIST OF FATE:**

Front two hand push.

**\*17. FLASHING MACE:**

Front right step thru punch.

**18. GIFT OF DESTINY:**

Front handshake.

**19. WINGS OF SILK:**

Rear two-arm armlock.

**\*20. GRIPPING TALON:**

Front two hand wrist grab..

**21. GATHERING CLOUDS:**

Front right step thru straight punch.

**\*22. DESTRUCTIVE TWINS:**

Front two hand choke, pulling in.

**23. BROKEN RAM:**

Front tackle.

**\*24. CIRCLING THE HORIZON:**

Front right step thru punch.

**FORMS:**

**LONG FORM TWO.**

**OWN FORM.**

**\*NB DENOTES JUNIOR SYLLABUS REQUIREMENTS.**