TAY FAMILY FIST
Chinese Kickboxing
Black Belt Syllabus

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FIGHTING FALCONS
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Black Belt Mentality
The only person you should try to be better than, is the person you were yesterday.

FIGHTING FALCONS SCHOOL OF MARTIAL ARTS

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Tay Family Fist Chinese Boxing

Tay Family Chinese boxing was founded by the Falcons Head Coach Gordon Mitchell. Coach Mitchell started studying Lau Gar Kung Fu in 1985, by 1991 he was a member of the Lau Gar National Squad with national honours in competitive fighting, self-defence and traditional forms competition. In 1999 retired from International competition and looked for his next challenge in the world of Martial Arts. Having been a great admirer of Bruce Lee's teachings and philosophies, he started on his own voyage of self-discovery and spent the next ten years studying other Martial Disciplines such as Jeet Kune Do, Ju Jitsu, Muay Thai, Western Boxing and the combat systems used by the modern day military such as Krav Maga and Spetsnaz Systema.

Today the Chinese Kickboxing system Tay Family Fist, named after coach Mitchell's Chinese family name Tay, has matured into a complete but modern style of Martial Arts. Instead of stylised forms, the Tay system relies heavily on two person drills, the benefit being the use of realism rather than imagination to perfect the form and application of techniques. The range of techniques has been widen to cover all ranges of combat with close quarters and grappling coming from a number of sources such as Shaolin Chin Na, Brazilian Ju Jitsu and JKD.

鄭家拳

The Falcons have a strong focus on sport martial arts and self-defence for today's modern world. On the sports front the club competes in Semi Contact Point fighting, Light and Full Contact Kickboxing and is affiliated to the World Association of Kickboxing Organisations (WAKO).

From a self-defence perspective the syllabus covers a wide range of empty hand striking and grappling techniques and incorporates the use of modern and readily available weapons such as the knife and short stick. In addition to this the Falcons cover the Nunchaku because the principle of this ancient weapon of self-defence lends itself to other everyday objects such as a key chain, the belt and buckle or even a weighted sock. By mastering these weapons we come to understand their capabilities in a self-defence situation increasing our chances of surviving a confrontation.

Know thy enemy and know thyself, find naught in fear for 100 battles. Know thyself but not thy enemy, find level of loss and victory. Know thy enemy but not thyself, wallow in defeat every time ~ Sun T

FIGHTING FALCONS SCHOOL OF MARTIAL ARTS **Tel:** 07799006453 **Email:** admin@fighting-falcons.co.uk

UNIT 3c, WALWORTH ENTERPRISE CENTRE, WEST WAY, WALWORTH BUSINESS PARK, ANDOVER, HAMPSHIRE, SP10 5AP.

FALCONS CODE OF CONDUCT

The falcons place an emphasis on their three guiding principles of Duty, Honour and Courage. These core principles are the drivers behind the code of conduct we expect all students to follow whether they are in the school, at competition or at home.

Self Discipline

I will develop self discipline in order to bring out the best in myself and others.

Respect

I will treat people with the respect I wish them to show me.

Self Confidence

I will develop a positive mental attitude and stay true to my beliefs and convictions.

Focus

I will give 100% maximum effort to any task I set myself.

Junior Yellow

Punching / Hand Techniques

- Jab
- Cross
- Backfist
- Reverse Punch

Kicking / Leg Techniques

- Front Kick
- Turning Kick
- Side Kick

Parries & Blocks

- Upper Inside Parries

Two-Person Drills

- No 1 & 2 Defence
- Focus Hand Drills 1 & 2
- Focus Kick Drills 1 & 2

Applications

- 1x2min Heavy Bag
- 1x2min Point Sparring

Yellow belt

Punching / Hand Techniques

- Hook
- Ridge Hand

Kicking / Leg Techniques

- Front Snap Kick
- Round Kick

Parries & Blocks

- Lower Outside Parries
- Mid Section Block

Two Person Drills

- No 3 & 4 Defence
- Focus Hand Drills 3 & 4
- Focus Kick Drills 3 & 4

Applications

- 2x2min Heavy Bag
- 2x2min Point Sparring

Junior Orange

Punching / Hand Techniques

- Shovel Hook
- Palm Strike
- Snap Punch

Kicking / Leg Techniques

- Hook Kick
- Stamping Kick
- Push Kick
- Back Kick

Parries & Blocks

- Upper Outside Parries
- Lower inside Parries
- Upper Blocks
- Cover Blocks

Two Person Drills

- No 5 & 6 Defence
- Focus Hand Drills 5 & 6
- Focus Kick Drills 5 & 6

Applications

- 2x2min Heavy Bag
- 1x2min Point Sparring
- 1x2min Light Contact

Orange belt

Punching / Hand Techniques

- Upper Cut
- Winging Punch
- Bolo Punch

Kicking / Leg Techniques

- Spinning Hook Kick
- Spinning Side Kick

Parries & Blocks

- Slip Parries
- Lower Blocks

Two Person Drills

- No 7 & 8 Defence
- Focus Hand Drills 7 & 8
- Focus Kick Drills 7 & 8

Applications

- 1x2min Heavy Bag
- 2x2min Point Sparring
- 1x2min Light Contact

Junior Green

Punching / Hand Techniques

- Arcing Punch
- Finger Jab
- Finger Rake

Kicking / Leg Techniques

- Double Kick
- Double Front Kick
- Double Turning Kick
- Double Side Kick
- Axe Kick

Parries & Blocks

- Clinching
- Shoulder Roll

Two Person Drills

- No 9 & 10 Defence
- Focus Hand Drills 9 & 10
- Focus Kick Drills 9 & 10
- Progressive Pad Drill 1

Applications

- 2x2min Point Sparring
- 2x2min Light Contact

Green belt

Punching / Hand Techniques

- Spinning Punch

Kicking / Leg Techniques

- 360 Turning Kick
- Crescent Kick
- Advanced Double Kicks

Parries & Blocks

- Foot Sweeps

Two Person Drills

- No 11 & 12 Defense
- Focus Hand Drills 11 & 12
- Focus Kick Drills 11 & 12
- 1st Knife Defense

Applications

- 2x2min Point Sparring
- 2x2min Light Contact
- 1x2min Kick Light

Junior Blue

Punching / Hand Techniques

- Crossing Elbow
- Back Elbow
- Reverse Elbow
- Downward Elbow
- Upward Elbow
- Hammer Elbow

Kicking / Leg Techniques

- Upward Knee Strike
- Forward Knee Strike
- Angled Knee Strike

Parries & Blocks

- Leg Trap and Takedowns

Two Person Drills

- Progressive Pad Drill 2
- Progressive Pad Drill 3

Applications

- 2x2min Point Sparring
- 2x2min Light Contact
- 1x2min Kick Light
- 1x5min 1-on-1 Reactive Defence

Blue Belt

Punching / Hand Techniques

- Spinning Elbow
- Combination Punching
- Shoulder Throws
- Hip Wheels

Kicking / Leg Techniques

- Upward Knee Strike
- Forward Knee Strike
- Angled Knee Strike
- 360 Turning Kick
- Combination Kicking

Parries & Blocks

- Palm Block
- Rolling Block

Two Person Drills

- Basic Grappling Drill
- Progressive Pad Drill 4

Applications

- 2x2min Point Sparring
- 2x2min Light Contact
- 2x2min Kick Light
- 1x5min 1-on-1 Reactive Defence

Junior Purple

Punching / Hand Techniques

- Spinning Punch

Kicking / Leg Techniques

- Jump Front Kick
- JumpTurning Kick

Two Person Drills

- Progressive Pad Drill 4
- Progressive Pad Drill 5

Applications

- 2x2min Point Sparring
- 2x2min Light Contact
- 2x2min Kick Light
- 1x5min 1-on-1 Reactive Defence
- 1x5min Free Fighting

Purple

Punching / Hand Techniques

- Combination Punching (focus pads)

Kicking / Leg Techniques

- Jump Round Kick
- Jump Side Kick
- Combination Kicking (focus pads)

Two Person Drills

- Progressive Pad Drill 6
- 2nd Knife Defence

Applications

- 2x2min Point Sparring
- 2x2min Light Contact
- 2x2min Kick Light
- 1x5min 1-on-1 Reactive Defence
- 2x5min Free Fighting

Junior Brown

Punching / Hand Techniques

- Leopard Fist
- Tigers Claw

Kicking / Leg Techniques

- Jump Back Kick
- Jump Crescent Kick

Parries & Blocks

- Harvest Block
- Mantis Block

Two Person Drills

- Progressive Pad Drill 7
- Personal Focus Hand Drills 1 & 2
- Personal Focus Kick Drills 1 & 2

Applications

- 1x2min Sticking Hands
- 1x5min 4 Directions Self Defence
- 2x2min Point Sparring
- 2x2min Light Contact
- 2x2min Kick Light
- 2x5min Free Fighting

Brown belt

Punching / Hand Techniques

- Drunken Wrist

Kicking / Leg Techniques

- Jump Spinning Kick
- Jump Axe Kick

Two Person Drills

- Lock Flow Sequence
- Personal Focus Hand Drills 3 & 4
- Personal Focus Kick Drills 3 & 4

Applications

- 1x2min Sticking Hands
- 1x5min 4 Directions Self Defence
- 3x2min Point Sparring
- 2x2min Light Contact
- 2x2min Kick Light
- 2x5min Free Fighting

Junior Black Belt

Punching / Hand Techniques

- Combination Strike (focus pads)

Kicking / Leg Techniques

- Jump 360 Kick
- Combination Strikes (focus pads)

Two Person Drills

- 3rd Knife Defence
- Personal Focus Hand Drills 5 & 6
- Personal Focus Kick Drills 5 & 6

Applications

- Break – Punch/Hand Technique
- Break – Foot/Leg Technique
- 1x2min Sticking Hands
- 1x5min 4 Directions Self Defence
- 3x2min Point Sparring
- 3x2min Light Contact
- 2x2min Kick Light
- 1x2min Heavy Contact
- 2x5min Free Fighting

Black Belt

Punching / Hand Techniques

- Combination Strikes (focus pads)

Kicking / Leg Techniques

- Combination Strikes (focus pads)

Two Person Drills

- 1st knife Defence (live blade)
- 2nd Knife Defence (live blade)
- 3rd Knife Defence (live blade)

Applications

- Break – Punch/Hand Technique
- Break – Foot/Leg Technique
- 1x2min Sticking Hands
- 1x5min 4 Directions Self Defence
- 3x2min Point Sparring
- 3x2min Light Contact
- 3x2min Kick Light
- 1x2min Heavy Contact
- 2x5min Free Fighting

CHINESE BOXING - Defense Drills		
No	**Attack**	**Defense**
1	Left Stance; Right Cross	Left stance; Left inside upper parry; Jab and cross
2	Right Stance; Left Cross	Right stance; Right inside upper parry; Jab and cross
3	Left Stance; Right Turning Kick	Left stance; Left outside lower parry with right side step; Front kick
4	Left Stance; Right Front Kick	Left stance; Side step left & left mid-section block; Right cross; Left foot sweep
5	Left Stance; Step Jab; Left Turning Kick	Left stance; Left inside upper parry and fast retreat; Right outside upper parry or left hand check; Right cross, Left shovel hook, Double palm to clavicle.
.6	Left Stance; Step and Right Hook	Left stance; Side step right and left upper block; Right palm; Take down with right leg; Right stamping kick
7	Left Stance; Lead Hand Grab	Left stance; Fade & left cover block on wrist; Right cross; Right low round kick with shin; Left turning kick to head.
8	Left Stance; Jab; Right Shovel Hook	Left stance;;Right slip & inside upper parry; Left lower block; Double shovel hooks; Right hook to head
9	Right Stance; Fast Advance Side Kick	Right stance; Fade & lower outside right parry; Low side kick to knee; Left ridge hand or elbow to neck
10	Left Stance; Jab; Cross, Left Hook	Left stance; Right slip & upper inside parry; Left slip & upper inside parry; Duck & weave into double leg take down; Stamping kick to groin
11	Right Stance; Jab; Cross	Right stance; Left upper inside parry; Right side step and right upper inside parry with left back fist; Left side kick to knee; Right spinning kick to head.
12	Left Stance; Lead Shooting Side Kick; Spinning Kick	Left stance; Fade and left outside lower parry; Take down and axe kick

Chinese Boxing ~ Basic Grappling Drill		
No	**Attack**	**Defense**
1	Attacker reaches forward to grab the front of shirt	Defence applies a finger lock and takes opponent to ground
2	Attacker reaches forward to grab right wrist with right hand	Defence applies a wrist wrap and takes opponent to ground
3	Attacker steps forward to grab/push with left hand	Defence redirects at elbow with right hand and applies naked arm bar with left wrist. Break opponents balance and take to ground with leg sweep. Finish with a stamp
4	Attacker steps forward to grab the front of shirt with both hands	Defence break balance and half turns. Twists head and takes opponent to ground. Pressure point release as needed.
5	Attacker applies right hand headlock from behind	Defence grabs inside left leg with right hand and presses across face with left forearm. Step back with left foot and take opponent to ground. Go to mount and apply A frame escape to arm bar.
6	Attacker grabs with both hands from behind	Break hold (head-butt, grab groin, stamp, elbow) followed by one arm shoulder throw with knee drop. Sit into shoulder and break with straight arm bar.
7	Attacker grabs from front with both arms	Head butt, and wrap arms around opponent and pull in on small of back. Place left leg inside opponent's feet and wrap right leg around outside and kick into back of knee. Push forward with chest and fall onto opponent. Apply Americana arm bar with opposite leg hook.
8	Attacker grabs high with left and low with right hand	Defence wraps left hand over and under opponent's right forearm. Press into right shoulder with right arm and apply arm bar (figure four/wrap).
9	From the tie up position, attacker attempts single arm wrap around.	Defense disengages and performs a leg or neck crank takedown.

Chinese Boxing ~ 1st knife defense drill		
No	**Attack**	**Defense**
1	Left Stance, knife in right hand. Attacker steps and lunges to mid-section.	Left stance. Defence side steps left and palm blocks with left hand. Right ridge hand to mid-section, Move in and perform right leg take down.
2	Left Stance, knife in right hand. Attacker steps and slashes face right to left, shuffles and slashes face left to right, shuffles and repeats first slash.	Left stance. Defence matches attacker's movement with a step back, and two backward shuffles, Meet third strike with right inside parry. Lean off and turning kick to head.
3	Left stance, knife in right hand. Attacker step and downward stab to chest.	Left stance. Outward palm block with left hand. Apply figure of four lock with right arm.
4	Left stance, pick up knife in right hand. Change knife to left hand and lunge to mid-section.	Left stance. Left side step and palm block with left hand. Grab back of wrist with right hand and back palm to face, Apply thumb to nerve centre at elbow joint. Lift arm, step through and apply bent arm lock.
5	Right Stance, pick up knife with right hand. Switch knife to left and step & slash to neck. Switch to right and step & lunge to mid-section.	Right stance, Backward step, Left side step and rolling block. Grab wrist with right hand and back palm to face. Apply straight arm crush (figure four).
6	Left stance, pick up knife in left hand. Switch knife to right, step and slash to neck. Switch knife to left, step and slash to neck. Switch knife to right, step and lunge to mid-section	Left stance. Backward step. Backward step. Left side step and left inside lower parry with punch to ribs. Right hand back fist to head and right stamping side kick to knee. Hook kick to side of head.
Note, the 1st knife defence is a free flowing sequence where the attacker and defender maintain the same roles throughout all techniques.		

Chinese boxing ~ 2nd Knife Defense		
No	**Attack**	**Defense**
1	Left Stance. Attacker threatens with knife in lead hand.	Left stance, Defence kicks to wrist with lead foot and round kicks to head with reverse foot.
2	Left Stance. Attacker threatens with knife in reverse hand.	Left stance, Defence feints a finger jab to eyes and throws sidekick to knee, kick and/or punch to head (can follow up with knee strike if appropriate).
3	Left stance, step and lunge to mid-section with knife in right hand.	Left stance, Left side step and palm block with left hand, Grab wrist with right hand and shoot in to drive left elbow to ribs or hammer fist to head, Step through and twist into figure of four lock.
4	Left stance, step and upwards thrust under rib cage.	Left stance, Downward cross-block, Step out with left leg and apply wrist lock to take opponent to ground, Snap wrist.
5	Left stance step and downward stab	Left stance, Outward palm block with left hand, right hand butterfly strike to throat, take down and apply pressure to throat. Shout at opponent to drop the knife.
6	Left stance, slash with right, step and lunge to face with right hand	Left stance, Fade from first strike, On second strike left side step, right outside upper parry and round kick to mid-section, stamping kick to knee and take down. Strike and disarm.
7	Left stance, attacker lunges with left knife thrust to mid-section	Left stance, Left side step with left palm block, Grab wrist with right hand and strike to head with left elbow or fist, Left leg take down and perform left knee drop to rib cage.
8	Step and forehand slash	Left outward block/parry. Palm and elbow. Apply left to right wrist lock, kick to face and force to ground.
9	Spin and back-hand slash	Right hand outward block/parry. Punch to kidney and elbow to back of neck. Forward takedown and elbow dislocation
Note, the 2nd knife defence is a free flowing sequence where the attacker and defender alternate roles upon disarming.		

Chinese boxing ~ 3rd Knife Defense		
No	**Attack**	**Defense**
1	Right hand No1 Angle Attack downward stab	Left Hand grab and twist.
2	Right hand No1 Angle Attack downward stab	Right Hand grab and twist
3	Right hand No7 Angle Attack stab	Left Forearm Deflection, Mantis block and elbow to wrist
4	Right Hand No7 Angle Attack stab	Right hand outward deflection, Right to left transition and right hand chop to wrist.
5	Right Hand No7 Angle Attack stab	Right hand outward deflection, arm trap and chest elbow snap.
6	Right Hand No5 Angle Attack, stab to head	Left Hand parry and deflection over head, use right hand to bend elbow and use left to guide into attackers neck.
7	Right hand No 5 Angle Attack from the side.	Left hand loops down and out to deflect knife. Wrap wrist with crook of elbow, pull into chest and bend over to apply wrist lock.
8	Knife point at throat	Push up chest and secure knife hand with both hands. Pulling wrist into chest, bend forward and apply pressure to wrist.
9	Knife to side throat	Use near hand to prevent cut. Lift elbow and transition to crook of other arm. Apply elbow bar.
10	Knife to side throat	Use near hand to prevent cut. Lift and step in, use other hand to bend opponents elbow into figure 4 lock.
11	Knife to throat from behind	Press knife away from throat, reverse step and stab.
12	Knife across throat whilst holding front	Peel away knife whilst turning. Three elbows followed by arm break.
Note, the 3rd knife defence is a free flowing sequence where the defender disarms the attacker and repeats the same attack sequence.		

FSMA Focus-Pad Hand Drills		
No	**Combination**	**Comments**
1	Straight one-two	Jab, Cross. Ensure jab focussed on the eyes to hide the cross, which is aimed at the point of the chin.
2	High Low	Backfist, Reverse. Uses cadence as the basis for punching to the head and then to the body.
3	Low High	Reverse Punch Backfist on the blitz; or Jab to mid-section and follow with quick cross to chin.
4	Jab Cross Hook	Quick one-two is aimed to bring the opponents guard into the middle opening a door for the hook to the jaw.
5	Jab Hook Cross	Aims at creating an opening for the cross by pulling the guard wide.
6	High Low Cross	Lead hook to chin, hesitate and hook to body, followed by cross to chin. Broken rhythm attack, one…,two, three!
7	Low High Upper Cut	Lead with shovel hook to body, hesitate and hook to head followed by uppercut to body. Broken rhythm attack, one…,two, three!
8	High Low One Two	Lead with jab to eyes; throw right winging punch to ribs. Follow with quick one two to eyes & chin.
9	One Two Bob and Weave	Throw one two, bob and weave to right under lead hook. Follow with right and left hooks to head.
10	Inside Triple	Slip inside lead and straight right to body. Step, bob & weave to right with left hook to solar plexus. Straighten and right cross to chin.
11	Outside Triple	Duck under left lead to right and left hook to mid-section. Stay low and throw right hook to ribs. Straighten throw left hook to chin.
12	Inside Flurry	Shoulder barge, right hook, left hook to body, right upper cut to chin, left hook to jaw, right cross to chin.

FSMA Focus-pad Kick Drills		
No	**Combination**	**Comments**
1	Lead & Side Kick.	Jab & lead sidekick. Ensure jab focussed on the eyes to hide the kick, which is aimed at the mid-section.
2	Straight Line Outside Line	Rear front kick, turning kick. First kick aimed to bring the guard into the middle leaving an opening to the head from an outside angle.
3	One Two Round Kick	The one-two is aims to bring the guard up leaving an opening to the floating ribs for a turning kick off the rear leg.
4	Fast Advance High Low	Step and round kick, followed by jab and reverse punch. This is a combination attack that changes in angle and direction.
5	Fast Advance Back Kick	Blitzing attack, Step sidekick into back kick. Useful against an opponent that continually retreats in a straight line. Back kick may be substituted for spinning side if appropriate.
6	Stop Hit Back Kick	Side kick aimed at halting an attacking opponent. This is followed by a back kick off the same leg, which should have returned to the starting position. Grade allowing, other options are stopping front kick followed by a step off spinning side kick or defensive jumping spinning side/back kick.
7	Three Direction Attack	Back fist Reverse Punch Blitz, Lead Turning Kick. Combination attack that draws the block into three directions, increasing reaction time.
8	Spin & Renewed Attack	Spinning Kick returns to start position. Reverse punch & recover. Back fist blitz. Uses a hit & pause pattern to lull opponent, followed by a renewed attack.
9	Low Line Attack	Jab, Ridge Hand, Reverse Turning Kick, Spinning Side Kick. Uses a triple high hit to draw opponents guard up leaving the mid-section open to straight thrust.
10	The Beat Attack	Step lead axe kick, Jab, Cross, Double Hook (Low/High) Cross. The axe kick is use to beat down an opponents guard.
11	Broken Attack	Front Kick and return, back kick, Double switch step and d-sidekick. Switches result in a broken rhythm which draws opponent into a counter.
12	Whirlwind Attack	Combination attack. Front kick mid section, turning kick to head, spinning side kick to body, step lead hook kick to head, spinning kick to head, spinning shooting side kick to body.

FSMA Progressive Drills	
No	**Combination**
1	Double Jab Cross Double Hook Cross Cover Block Cross Hook Cross Bob & Weave Hook Hook Bob & Weave Hook Cross Hook
2	Parry Jab Cross Hook Bob & Weave Hook Cross Shovel Pivot Cross Fade Jab Cross Bob & Weave Hook Hook Upper Cut Hook Cross
3	Backfist Reverse Ridgehand Lead Turning Kick Spinning Kick Reverse Punch Backfist Jump Back Kick
4	Side Kick Backfist Ridgehand Lead Double Turning kick Backfist Reverse Punch Hook Kick Spinning Kick
5	Jab Cross Fade Jab Cross Lead Turning Kick Return Jab Cross Round Kick Spinning Side/Back Kick
6	Right Side Step Pivot Cross Hook Round Kick Cover Block Upper Cut Hook Cross Turning Kick Spinning Kick
7	Jab Slip Cross Bob & Weave Right Hook, Left Hook, Round Kick Return Lead Turning Kick, Jump 360 into Spinning Kick

Mandatory Kicking Combinations	
No	**Combination**
1	Front, Double Turning, Spinning Side
2	Side, 360, Step Hook, Turning, Spinning
3	Step Side, Turning, Spinning, Front, Double Turning.
4	Crescent, Spin Side, Spin Hook, Double Turning, Jump 360
5	Step Double Kick Hook Turning, Side, Spin Side, Jump Turning
6	Hook, Turning, Spinning Hook, Axe, Jump Spinning Side
7	Turning, Jump 360, Step Hook, Turning, Spinning Side

Rules of Engagement

1. Don't get hit - "Fight smart and safe, not brave and stupid"
2. Nearest weapon to nearest target
3. Control the mind, control the fight
4. To show mercy to your enemy is to be cruel to yourself
5. Be first, don't hesitate, use SAS (Speed, Aggression, Surprise)
6. Last but not least, never say die

Techniques

Footwork	Blocks, Parries & Evasion	Hand/Arm techniques	Leg Techniques
Open Stance	Outside Upper Parry	Jab	Front Kick
Closed Stance	Inside Upper Parry	Cross	Front Snap Kick
Fading	Outside Lower Parry	Hook	Turning Kick
Wasting	Inside Lower Parry	Uppercut	Round Kick
Slide Step	Upper Block	Straight Lead	Side Kick
Forward Side Step	Mid-Section Block	Arcing Punch	Back Kick
Back Side Step	Lower Block	Shovel Hook	Hook Kick
Basic Step	Cover Block	Back Fist	Heel Kick
Lunge	Rolling Block	Reverse Punch	Stamping Kick
Forward Shuffle	Palm Block	Ridge Hand	Crescent Kick
Backward Shuffle	Cross Block	Winging Punch	Sickle Kick
Shoot	Harvest Block	Bolo Punch	Axe Kick
Hop	Mantis Block	Spinning Punch	Flick Kick
Basic Blitz	Press /Jam	Finger Jab	Spinning Kick
Lunge Blitz	Fade	Finger Rake	Spinning Side Kick
Fast Advance Fast Retreat Circling	Left & Right Slip	Palm Strike	Spinning Crescent Kick
	Bob & Weave	Knife Hand	360 Turning Kick
	Duck	Back Palm	Forward Knee
	Barge	Hammer Fist	Angled Knee
	Clinch	Butterfly Strike	Upward Knee
	Standard Guard	Knuckle Punch	
	Universal Guard	Tigers Claw	
	Wall Guard	Crossing Elbow	
		Back Elbow	
		Reverse Elbow	
		Downward Elbow	
		Upward Elbow	
		Hammer Elbow	
		Spinning Elbow	

Tactics/Concepts

- ***Fighting Threshold*** – The circumference of your fighting circle, i.e the maximum range of your longest weapon.
- ***The Measure*** – The distance between your opponents lead weapon and your own leading weapon.
- ***Cadence*** – Rhythm, timing or beat of movement during an encounter.
- ***Engaging*** – Bringing your fighting threshold into contact with opponents perceived fighting threshold. Infers a mental state of readiness for combat with the aim of manipulating opponent's footwork and cadence.
- ***Feinting*** – Dummy strike to draw an opponent into a block, parry or stop hit.
- ***Drawing*** – Encouraging an opponent into attacking a perceived vulnerability making it possible to counter strike.
- ***Lulling*** – Leading your opponent into a relaxed state of mind so as to increase his reaction time to a simple attack.
- ***The Aggressive Defense*** – Attacking when opponents mind turns to an attacking pattern. The tactic aims to intercept an opponents intention and capitalises on slower reaction times due to the opponent not focusing on his or her own defense.
- ***The Renewed Attack*** – To attack again immediately after drawing an opponents counter strike. Useful technique against counter fighters with defensive patterns.
- ***The Disengage*** – A type of attack which upon contact from a block or parry, disengages and comes around the blocking hand to strike again.
- ***Combination Attack*** – Set piece techniques designed to draw opponents blocks into leaving openings elsewhere. The combination aims at overloading the opponents mind leading to slower reaction times.
- ***Shooting*** – Sudden attack shuffling off the rear foot. Used with the aggressive defense.
- ***Blitzing*** – Fast direct attack, sprinting over the leading leg. This technique generally uses lulling to set up the opponent.
- ***The Beat*** – Engaging the opponent's defensive capability so as to take the defense out of the line of attack.
- ***Broken Rhythm*** – Used to allow an opponents defense to react to quickly to an attack. The delayed action will result in an over block or parry and thus provides an opening to attack.
- ***Stop Hit/Timed Hit*** – Used against wild, lunging attacks or predictable attacks to break an opponents rhythm. Also used as part of an aggressive defense.
- ***Counter Time*** – Inducing an opponent into making a timed hit which can be parried and followed up by a suitable attack.