

Advance Grasshopper Form

Star Block Set

Moving Star Block Set

Stances

1. Crane Stance

Strikes

1. Ridge Hand Strike
2. Tiger Claw

Kicks

1. Crescent Kicks
2. Spinning Crescent kick
3. Back leg Side Kicks
4. jump Front Kick

Defensive Set

1. Up, In & Out, left
2. Tiger Claw Right
3. w/knee strike Right

Form 3

1. Grasshopper Form 3
2. Up, In out Block Guard Left
3. Tiger Claw Guard Right
4. Rear leg front kick (returning) Right
5. Rear leg inside-outside Crescent Kick (returning) Right
6. Jump front kick advancing Left
7. Jump switch
8. Rear leg Round Kick Advancing Left
9. Back leg side kick Right
10. Tiger Claw Left
11. Ridge Hand Strike Right

Sparring Combinations 1 & 2

1. Upward Block left
2. low Block Left
3. Reverse Punch Right
4. Front leg F.Kick Right (returning)
5. Back leg R.H. Kick Right (advancing)

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| 1. Jump Front Kick | Right |
| 2. Back Fist | Right |
| 3. Reverse Punch | Left |
| 4. Ridge hand Strike | Right |
| 5. Rear leg RH Kick | Left |
| 6. Back leg Side Kick | Right |