

Basic Grasshopper Form

Star Block Set

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Stances

1. long stances

Strikes

1. Ridge Hand Strike
2. Tiger Claw

Kicks

1. crescent kick
2. Roundhouse front leg
3. bACK leg Side Kicks
4. jump Front Kick

Form 3

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| 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. Victory Humility Courtesy | | |