

HAND TECHNIQUES

1. Front Reverse Punch or Straight Punch
2. Front Back Fist
3. Front Side Back Fist
4. Side Back Fist
5. Side Front Back Fist
6. Front Hack
7. Front Side Hack
8. Shuto
9. Palm Hand
10. Hammer Strike
11. Reverse Hammer Strike
12. Ridge Hand
13. Front Elbow
14. Front Side Elbow
15. Side Elbow
16. Back Elbow
17. Knife Hand
18. Spear Hand
19. Heart Punch
20. Knuckle Punches
21. Thumb Punch
22. Thumb Knuckle Punch
23. Web Hand
24. Claw Hand

FEET TECHNIQUES

1. Front Snap Kick
2. Side Snap Kick
3. Back Kick
4. Power Kick
5. Round House Kick
6. Wheel Kick
7. Knife Kick
8. Butterfly Kick
9. Hook Kick
10. Fade Away Kick
11. Jump Front Snap Kick
12. Crescent Kick or
Reverse Power
13. Flying Side Kick
14. Jump Crescent Kick
15. Jump Spin Crescent Kick
16. Spin Back Kick
17. Spin Side Kick
18. Reverse Round House
19. Stomp Kick
20. Axe Kick
21. Double Jump Kick