

Monroe County Martial Arts

Red Belt

Kicks

front	tornado	jump backside
half-moon	thunder	drop back spin
roundhouse	back spin	jump outside crescent
side	jump roundhouse	jump 360 backside
inside crescent	hook	jump reverse front
outside crescent	axe	jump inside axe
backside	jump tornado	jump outside axe
jump front	jump rev. roundhouse	double roundhouse
back crescent		twist

Hand Techniques

horse stance-triple punch	ridge hand	spear hand
low block	outside knifehand	roundhouse elbow
high block	knifehand blocks	elbow thrust
inside block	tiger claw	leopard paw
outside block	upper cut	ox jaw
palm heel	backfist	eagle claw
inside knifehand	outside hammer fist	tiger mouth

Forms

Palgue 1-7

Self-Defense (ages 16 and up)

choke from front	gun defense high
choke from rear	gun defense low
mounted choke	gun finger lock
front hair pull	overhand stick strike
rear hair pull	forehand stick strike
front bear hug-arms pinned	backhand stick strike
front bear hug-arms free	straight knife thrust
rear bear hug-arms free	ice pick knife
rear bear hug-arms pinned	upper cut knife thrust
gun defense high	forehand knife slash
gun defense low	backhand knife slash
gun finger lock	

Training Time: 6-12 months (3-4 classes per week) At least 20 sparring classes

Test Fee: \$60 (for children, this includes 2 striped-belt tests that follow)