

BASIC SELF DEFENSE

CHECKING THE STORM	○
BUCKLING BRANCH	●
MENACING TWIRL	●
BENDING TREE	●
BATTERING RAM	○
HAMMERING VICE	●
FLEEING SNAKE	●
CIRCLING ARM BAR	●
DOWNWARD HAMMER	○
WRIST GRAB 10	●
ROTATING DESTRUCTION A	●
ROTATING DESTRUCTION B	●

CLUBS TECHNICS

SNAKE STRIKE	●
ELUDING THE FLOW	●
ARM LOCK BENDING STEEL	●
STEELING THE AIR	●
DRIVING HAMMER	●
ENTANGLING VINE A	●
ENTANGLING VINE B	●



INTERMEDIATE SELF DEFENSE

SWEEPING TIGER	●
DANCE OF DEATH	●
ROTATING RAM	●
SWORD OF DESTRUCTION	●
PRESSING PALM	●
TWISTING BRANCH	●
PRAYING MANTIS KICK	●
CIRCLING SWORD	●
TORNADO	●
HAKA DORI	●
THREE SWORDS	●
SPINNING SWORD	●

CLUBS TECHNICS

CAT'S PAW	●
STRAIGHT LINE	●
PIVOTING BODY	●
CRANE TAKES HIS WING	●
KATANA	●
ELBOW	●
IPON	●
TIGER RAGE	●

ADVANCED SELF DEFENSE

TIGER'S MOUTH	●
RETURNING SWORD	●
SPINNING CRANE	●
TIGER WHIPS ITS TAIL	●
RIPPING PANTHER	●
DRIVING RAM	●
MOUNTAIN CAT	●
RAGING BULL	●
HELPING HAND	●
CYCLONE	●
CIRCLING SNAKE	●
PRESSING VICE	●

KNIFES TECHNICS

DOWNWARD STAB	●
À LA GORGE (de face)	●
DOUBLE SALSHING	●
TRUST	●
À LA GORGE (par l'arrière)	●

