

Requirements for Advancement						
Belt	Forms	Sets	Self Defense Techniques			
Yellow	Short Form 1 (Both Sides)	Blocking Set 1	Delayed Sword Alternating Maces Sword of Destruction Deflecting Hammer	Captured Twigs Lone Kimono Obstructing the Storm Mace of Aggression	Attacking Mace Sword and Hammer	Captured Leaves Spreading Branch Intellectual Departure
Orange	Long Form 1	Kicking Set 1 Stance Set 1	Clutching Feathers Triggered Salute Five Swords Thrusting Salute	Gift of Destruction Locking Horns Checking the Storm Aggressive Twins	Glancing Salute Obscure Wing Scraping Hoof Grip of Death	Repeating Mace Shielding Hammer Striking Serpent's Head Crashing Wings
Purple	Short Form 2	Finger Set 1	Twirling Wings Snapping Twig Leaping Crane Buckling Branch	Crushing Hammer Grasp of Death Calming the Storm Crossing Talon	Reversing Mace Thrusting Prongs Locked Wing Dance of Death	Raining Claw Spiraling Twig Twisted Twig Obscure Sword
Blue	Long Form 2	Coordination Set 1 Striking Set 1	Twin Kimono Parting Wings Thundering Hammer Swinging Pendulum	Squeezing the Peach Circling Wing Evading the Storm Darting Mace	Hooking Wings Shield and Sword Gift in Return Bow of Compulsion	Charging Ram Sleeper Cross of Destruction Flight to Freedom
Green	Short Form 3	(all sets above)	Destructive Twins Fatal Cross Crossed Twigs Wings of Silk	Conquering Shield Begging Hands Thrusting Wedge Flashing Wings	Hugging Pendulum Tripping Arrow Entangled Wing Defying the Storm	Broken Ram Clipping the Storm Retreating Pendulum Raking Mace
Brown (3rd)	Long Form 3	Blocking Set 2 Coordination Set 2 Equation Formula and basic knowledge of prin- ciples and rules of motion	Dominating Circles Glancing Spear Blinding Sacrifice Repeated Devastation Desperate Falcons	Gripping Talon Encounter With Danger Flashing Mace Detour From Doom Gift of Destiny	Fallen Cross Returning the Storm Circle of Doom Squatting Sacrifice Twist of Fate	Brushing the Storm Circling the Horizon Gathering Clouds Circling Destruction Obscure Claws
Brown (2nd)	Long Form 3	Staff Set 1 Striking Set 2	Menacing Twirl Leap From Danger Kneel of Compulsion Rotating Destruction Broken Gift	Escape From Death Securing the Storm Intercepting the Ram Back Breaker Heavenly Ascent	Taming the Mace Cross of Death Glancing Wing Deceptive Panther Twirling Sacrifice	Raining Lance Glancing Lance Piercing Lance Entwined Lance Thrusting Lance
Brown (1st)	Long Form 4 (first half)	Finger Set 2 Stance Set 2	Protecting Fans Unfurling Crane Destructive Kneel Circles of Protection Dance of Darkness	Unwinding Pendulum Reversing Circles Snaking Talon Circling Fans Circling Windmills	Defensive Cross Bowling to Buddha Prance of the Tiger Shield and Mace Twirling Hammers	Entwined Mace Fatal Deviation Thrust Into Darkness Unfolding the Dark Escape From Darkness
Black	Long Form 4 (all) Personal Form	Kicking Set 2 Two-man Set	Falcons of Force Bear and the Ram Courting the Tiger The Ram and the Eagle Grasping Eagles	Gathering of the Snakes Marriage of the Rams Parting of the Snakes Reprimanding the Bears Snakes of Wisdom	Destructive Fans Leap of Death Falling Falcon Capturing the Storm Circling the Storm	Escape From the Storm Capturing the Rod Defying the Rod Broken Rod Twisted Rod

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Black 2nd	Form 5	Finger Set 2	Clutching Feathers Triggered Salute Dance of Death Thrusting Salute Gift of Destruction Locking Horns	Lone Kimono Glancing Salute Five Swords Buckling Branch Scraping Hoof Grip of Death	Crossing Talon Repeating Mace Shielding Hammer Striking Serpent's Head Locked Wing Obscure Wing	Reversing Mace Thrusting Prong Twisted Twig Obscure Sword Raining Claw Crashing Wing
Black 3rd	Form 6	Kicking Set 2	Twirling Wings Snapping Twig Leaping Crane Swinging Pendulum Crushing Hammer Captured Leaves	Evading the Storm Charging Ram Parting Wings Thundering Hammer Squeezing the Peach Circling Wing	Calming the Storm Darting Mace Hooking Wings Shield and Sword Gift in Return Bow of Compulsion	Obstructing the Storm Twin Kimono Sleeper Spiraling Twig Cross of Destruction Flight to Freedom
Black 4th	Form 7	Club Set	Begging Hands Thrusting Wedge Flashing Wings Hugging Pendulum Repeated Devastation Entangled Wing	Defying the Storm Raking Mace Snaking Talon Shield and Mace Retreating Pendulum Tripping Arrow	Fallen Cross Returning the Storm Crossed Twigs Twist of Fate Flashing Mace Gift of Destiny	Wings of Silk Gripping Talon Gathering Clouds Destructive Twins Broken Ram Circling the Horizon
Black 5th	Form 8 Personal Weapon Form	Knife Set	Obscure Claws Encounter With Danger Circling Destruction Detour From Doom Squatting Sacrifice Escape From Death	Brushing the Storm Menacing Twirl Leap From Danger Circles of Protection Circle of Doom Broken Gift	Heavenly Ascent Capturing the Storm Conquering Shield Taming the Mace Twirling Sacrifice Cross of Death	Securing the Storm Intercepting the Ram Kneel of Compulsion Clipping the Storm Glancing Wing The Back Breaker