

Beginner Techniques

Dagger Codes

- | | |
|---------------------|-------------------------|
| 1 Thrusting Dagger | Block, Chop, front kick |
| 2 Three Swords | Block, Chop, Strike |
| 3 Scissoring blades | Block, kick, chop |
| 4 Cutting Mace | Chop, kick, block |

Fire Codes

- | | |
|---------------|------------------------|
| 1 Side Fire | Block, Chop, side kick |
| 2 Side Winder | Block, Chop, palm |
| 3 Side Thrust | block, side kick, chop |
| 4 Side Attack | chop, side kick, block |

Iron Gate Codes

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|------------------|-------------------------|
| 1 Stepping Elbow | Elbow, Palm, round kick |
| 2 Cutting Elbow | Elbow, chop, palm |
| 3 Grabbing Elbow | round kick, palm, elbow |
| 4 Sweeping Elbow | palm, elbow, round kick |

Dragon Codes

- | | |
|-----------------------|-----------------------------|
| 1 Mantis Fist | Perry, backfist, front kick |
| 2 lifting dragon fist | perry, front kick, backfist |
| 3 Slashing Dragon | backfist, perry, front kick |
| 4 kicking dragon | front kick, perry, backfist |

Fai Gin Su Codes

- | | |
|------------------|-----------------------|
| 1 Turning Fist | Punch, backfist, knee |
| 2 Turning hammer | backfist, knee, punch |
| 3 Turning mace | knee, backfist, punch |
| 4 Turning Talon | punch, knee, backfist |

Phoenix Codes

- | | |
|---------------------|-------------------------------------|
| 1 Descending Falcon | High ridgehand, palm, low ridgehand |
| 2 Ascending Falcon | low, palm, high |
| 3 Riping Falcon | palm, low, high |
| 4 Soaring Falcon | palm, high, low |

Beginner Kata

White Tiger Form 1

Intermediate Techniques

Dagger Codes

- | | |
|------------------|---|
| 1 Thunder Fist | Block, chop, palm, elbow, backfist, front kick |
| 2 Five swords | Block, chop, palm, backfist, elbow, kick |
| 3 Obscure Blades | Block, chop, palm, backfist to chest, elbow to head, kick |
| 4 Blasting Mace | Block, chop, palm, kick, elbow to head, backfist |

Fire Codes

- | | |
|-------------------|--|
| 1 Circle of Fire | Block, hammerfist, chop, elbow, hammer down, side kick |
| 2 Descending fire | Block, chop, hammer to chest, elbow, hammer down, kick |
| 3 Blasting Fire | Block, hammer down, elbow, chop, hammerfist, kick |
| 4 Crushing fire | Block, hammer down, elbow, hammer, chop kick |

Iron Gate Codes

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|------------------|---|
| 1 Iron Gate Fist | Perry, Elbow, check, backfist, heavyhand, round kick |
| 2 Swinging Gate | Perry, elbow, backfist, check, heavyhand, round kick |
| 3 Turning Gate | Perry, elbow, round kick, heavy hand, check, backfist |
| 4 Smashing Gate | Perry, elbow, heavy hand, kick, backfist, check |

Dragon Codes

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|--------------------|--|
| 1 Shou Long Fist | backfist, elbow, check, backfist, backfist, front kick |
| 2 Crouching dragon | elbow, backfist, check, kick, backfist, backfist |
| 3 kicking dragon | kick, backfist, elbow, check, backfist, backfist |
| 4 Twin Dragons | Backfist, kick, check, elbow, backfist, backfist |

Fai Gin Su Codes

- | | |
|------------------|---|
| 1 Thrusting Knee | punch, backfist, palm, break in, break up, knee |
| 2 Blasting knee | punch, backfist, palm, break up, knee, break in |
| 3 crunching knee | punch, backfist, palm, knee, break up, break in |
| 4 Breaking knee | punch, backfist, palm, break in, knee, break up |

Phoenix Codes

- | | |
|--------------------|--|
| 1 Eye of the Storm | high ridgehand, check, elbow, phoenix fist, check, low ridgehand |
| 2 Storming falcon | high ridgehand, check, low ridgehand, check, elbow, phoenix fist |
| 3 Falcons Eye | high, check, phoenix fist, check, low, elbow |
| 4 Obscure Phoenix | high, check, elbow, check, low, phoenix |

Intermediate Kata

White Tiger Form 2

Advanced Techniques

Dagger Codes

- 1 San Lei Sheng
- 2 Seven Swords
- 3 Pulling Blades

Three Thunders

- | | |
|---|---------------------------|
| Block, chop, palm, elbow, backfist, front kick | Inside armbar, come along |
| Block, chop, palm, backfist, elbow, kick | Come along, drag |
| Block, chop, palm, backfist to chest, elbow to head, kick | drag, inside armbar |

4 Dragging Mace	Block, chop, palm, kick, elbow to head, backfist	inside armbar, drag
Fire Codes		
Mountain of Meditation		
1 Chan Shan Fist	Block, hammerfist,chop, elbow,hammer down, side kick	outside armbar,reinforce wrist f
2 Climbing Fire	Block, chop,hammer to chest,elbow, hammer down, kick	rwf, half crab
3 Blasting the mountain	Block, hammer down, elbow, chop, hammerfist, kick	half crab, outside arm bar
4 Burning Mountain	Block, hammer down, elbow, hammer, chop, kick	outside armbar, half crab
Iron Gate Codes		
Shadow Gate		
1 Shadow Gate Fist	Perry, Elbow,check, backfist,heavyhand, round kick	outside armbar, spin
2 Tilting Gate Fist	Perry, elbow, backfist, check, heavyhand, round kick	spin, tilt
3 Locked Gate	Perry, elbow,round kick, heavy hand, check, backfist	Tilt, outside armbar
4 Heavy Gate	Perry, elbow, heavy hand, kick, backfist, check	outside armbar, tilt
Dragon Codes		
White Dragon		
1 Bai Long Fist	backfist, elbow, check, backfist, backfist, front kick	jap choke, body shield
2 Red Dragon Fist	elbow, backfist, check, kick, backfist,backfist	body shield, spin down
3 Black Dragon Fist	kick, backfist, elbow, check, backfist, backfist	spin down, jap choke
4 Green Dragon Fist	Backfist,kick, check, elbow, backfist,backfist	jap choke, spin down
Fai Gin Su Codes		
Fast Turning Hands		
1 Variation 1	punch, backfist, palm, break in, break up, knee	wrist flex, inside armbar,
2 Variation 2	punch, backfist, palm,break up, knee, break in	inside armbar, hitch throw
3 Variation 3	punch, backfist, palm, knee, break up, break in	hitch throw, wrist flex
4 Variation 4	punch, backfist, palm, break in, knee, break up	wrist flex, hitch throw
Phoenix Codes		
1 Rising Phoenix Fist	high ridge, check, elbow, phoenix fist, check, low ridge, check, elbow, phoenix grab, punch	
2 Rising Falcon Fist	high ridge, check, low ridge, check, elbow, phoenix fist, check, elbow, phoenix grab, punch	
3 Ascending to the sky	high, check, phoenix fist, check, low, elbow, check, elbow, phoenix grab, punch	
4 Desendng Phoenix	high, check, elbow, check, low, phoenix, check, elbow, phoenix grab, punch	
Advanced Kata		
White Tiger Form 3		