

# St. Matthew Martial Arts

## Material Requirements

Material	Blue	Blue w/ Stripe	Green	Green w/ Stripe
Punches	Dragon Flick Strike Immortal Man Strike One Finger Poke Four Finger Poke	Trigger Finger Thumb Strike Poison Thumb Strike Phoenix Strike	Crane Beak Crane Wrist	Snake Strike Dragon Foot
Kicks	Rising Heel Kick	Scoop Kick	Hook Kick	Spinning Hook Kick
Blocking System	16 Point Blocking System	16 Point Blocking System w/ Natural Strikes	10 Point Blocking System	Plum Tree Blocking System
Moving				Moving w/ Blocks
Take Downs/ Traps			Major Reap Pivoting Take Down Close Handed Traps	Crane Throw Sweeps
Animals	Downward Tiger Spinning Leopard Side Crane Piercing Dragon Side Snake	Driving Tiger Snapping Leopard Crane Spreads it's Wings Flicking Dragon Snake Uncoils	Trapping Tiger Fist of the Leopard Crossing Crane Spinning Dragon Snake Seeks the Eyes	Hidden Tiger Twisting Leopard Opening Crane Breaking Dragon Snake Bites
Breathing Exercises	Monk Rejuvenation Breathing			
Forms	One Pinion or One Kata Chinese Boxing Sequence	Two Pinion or Two Kata	Three Pinion or Three Kata	Four Pinion or Four Kata

If you have any questions about any material ask an instructor.