

St. Matthew Martial Arts

Material Requirements

Material	White	Yellow w/ Stripe	Purple	Purple w/ Stripe
Punches	Front Two Knuckle Thrust Punch Back Two Knuckle Hook Punch Open Tigers Mouth Tiger Claw Leopard Paw	Elbow Strikes Knife Hand Strikes Hammer Strikes	Spear Hand Poke Crane Wing Two Finger Poke Back Fist	Spinning Back Fist Palm Heel
Kicks	Front Ball Kick Side Kick Back Kick	Crescent Kick Reverse Crescent Stepping Stool Kick	Cross Behind- Side Kick Roundhouse Kick	Spinning Back Kick Shuffle Side Kick
Blocking System	8 Point Blocking System	8 Point Blocking System w/Natural Strikes	8 Point Blocking System w/ Natural and Following Strikes	8 Point Blocking System Simultaneous
Stances	Half Moon Stance	Side Horse Stance	Cat Stance Front Crane Stance Side Crane Stance	Snake Stance Twist Stance Dragon Stance
Moving	Half-mooning w/ Punches w/ Kicks	Pivoting w/ Punches Shuffling w/ Punches Half Mooning w/ Blocking System	Snake Roll Cat Walk Dragon Footwork CraneWalk	Rolling Falling Down Slapping Out Chinese Leg Movemenets
Grabs	Ninja Wrist Grab Snake Lapel Rocket Front Choke	Dragon Wrist Grab Tiger Front Choke Chin-na I, II, III	Bear Hug Monkey Wrist Grab	
Animals	Pouncing Tiger Lightning Leopard Front Crane Whipping Dragon Falling Snake			Rear-Ripping Tiger Punching Tiger

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