

# THREE FAMILY FIST BLACK 2nd LEVEL MASTER

LONG GWAN FORM 2nd SET CRANE GWAN FORM

SWORD FORM 2nd SET

KNIFE DEFENCE

Threatens

Attacks

Back to Wall

SINGLE HAND CUDGEL DEFENCE

2 Downward

2 Forehand

2 Backhand

5 Thrusts

CUDGEL AGAINST CUDGEL

6 Downward

7x Sector 1

2 Forehand

3x Sector 2

3 Backhand

3x Sector 3

5 Thrusts

1x Sectors 4, 5 & 6

HAIR THROWS

STRANGLES (18)

10 Front and 8 Rear

SWEEPS

Under Armpit Outergate Leg Sweep

Body Barge

Half Reaper / Turning the Wheel

FOO SIK CHUAN SMALL TIGER FIST FORM / LO HAN FORM

JUMP - SPINNING KICKS

Crescent

Moon

Hook/Star

Side Dragon

Roundhouse

COME ALONGS

Back hammerlock

Chicken Wing

Down the Valley

Elbow Lever

Rev. Elbow Lever

Figure 4 inside

Figure 4 outside

Rev. Headlock

Hogtie

Palm Off inside

Palm Off outside

Serpent

Single Plough

Sleeper

Thro' Groin

Tiger to hand

Tiger to arm

Members of the E.K.F.A.

# THREE FAMILY FIST BLACK 3rd LEVEL MASTER

YAO-FEI (FIST FORM)

CHAN CHEN (FIST FORM)

LONG GWAN FORM

YAO-FEI SWORD FORM

HAMMER & ANVIL STRIKES (13)

KNIFE AGAINST KNIFE

DRUNKEN ARMS

*Broken Bough* (13)

Combo 1

Combo 2

4 in Dragon

4 Innergate & Outergate

Drunken

Straight In

Arm Break (Double)

*Whipping Branch* (10)

*Buddha's Palm* (16)

*Members of the E.K.F.A.*

# THREE FAMILY FIST BLACK 4th LEVEL MASTER

DANJIAN WUSHU XINGSHI (STRAIGHT) SWORD FORM

DA QIANG WUSHU XINGSHI SPEAR FORM

## SASH TECHNIQUES

### Single (6)

Inside Tie  
Outside Tie  
Hand to Thigh  
Through the Legs  
Walkthrough Inside  
Walkthrough Outside

### Double (6)

Inside Tie to Throat  
Hands to Waist  
Hands to Thigh  
Through the Legs  
Walkthrough Inside  
Shoulder Throw / Break

### Loops (4)

Inside Left Leg Thro'  
Inside Right Leg Thro'  
Inside Pak Toi  
Outside Right Leg  
Thro'

### Kicks (3)

Single Leg, Tied to  
Throat  
Double Leg, Tied  
to Throat  
Double Leg, Tie  
and Drag

## GUN DEFENSE

### Front Threats (4)

Stomach  
Chest  
Head  
Throat

### Back Threats (4)

Base of Spine  
Between Shoulders  
Head  
Chin (from under the arm)

## KNIFE AGAINST KNIFE (8)

Forehand Throat Cut  
Backhand Throat Cut  
Forehand Midsection Cut  
Backhand Midsection Cut

Forehand Carotid Stab (5 at 5)  
Backhand Throat Cut (6 at 6)  
Forehand Throat Cut (Kidney Stab)  
Backhand Throat Cut (Hog Tie)

Members of the E.K.F.A.