Junior Green

	/ x10 reps	/ x10 reps	/ x10 reps	/ x10 reps
Begging Hands Two Hand Grab to Wrists				
Thrusting Wedge Two Hand Chest Push				
Flashing Wings Right Step Through Punch				
Hugging Pendulum Right Step Through Side Kick				
Conquering Shield Left Hand Stiff Arm Shirt Grab				
Raking Mace Two Hand Shirt Grab, Pulling In				
Flight to Freedom Rear Right Arm Hammerlock				
Crossing Talon Right Cross Wrist Grab				
FORM: **Universal Form Five**				

Junior 3rd Brown

	/ x10 reps	/ x10 reps	/ x10 reps	/ x10 reps
Obscure Sword Rear Left Hand Grab to Right Shoulder				
Glancing Salute Right Cross Push				
Circles of Protection Right Step Through, Overhead Punch				
Detour from Doom Right Roundhouse Kick				
Circling Fans Left then Right Punch Combination				
Mace of Aggression Left Side, Right Arm Headlock				
Snaking Talon Two Hand Low Push				
Circling Wing Rear Two Hand Choke				
Shield and Sword Left Step Through Punch				
Repeating Mace Left Cross Push				
Five Swords Right Roundhouse Punch				
Reversing Mace Left Step Through Punch				
FORM: **Universal Form Six**				