

**Junior Purple**

/

x10 reps

/

x10 reps

/

x10 reps

/

x10 reps

**Twirling Wings**  
Rear Two Hand Grab to Shoulders

**Snapping Twig**  
Left Hand Chest Push

**Leaping Crane**  
Right Step Through Punch

**Buckling Branch**  
Left Step-through Kick

**Crushing Hammer**  
Rear Bear Hug Arms Pinned

**Attacking Mace**  
Right Step-through Punch

**Obstructing the Storm**  
Right Overhead Club Strike

**Shielding Hammer**  
Left Hook Punch

**FORM:**  
**Universal Form Three**

Grid for Universal Form Three

Grid for Universal Form Three

Grid for Universal Form Three

Grid for Universal Form Three

**Junior Blue**

/

x10 reps

/

x10 reps

/

x10 reps

/

x10 reps

**Twin Kimono**  
Two Hand Stiff Arm Shirt Grab

**Parting Wings**  
Two Hand Chest Push

**Thundering Hammers**  
Right Step Through Punch

**Swinging Pendulum**  
Right Roundhouse Kick

**Obscure Wing**  
Right Rear Left Hand Shoulder Grab

**Grip of Death**  
Left Side, Right Arm Headlock

**Evading the Storm**  
Right Step-through Overhead Club

**Darting Mace**  
Two Hand Grab to Right Wrist

**FORM:**  
**Universal Form Four**

Grid for Universal Form Four

Grid for Universal Form Four

Grid for Universal Form Four

Grid for Universal Form Four