

2025 Open Hand Basics

ADVANCE LEVEL COLOR BELT BASICS (23 NEW BASICS)

Stances	Blocks	Strikes	Kicks
All Lower Rank Positions and Stances	All Lower Rank Blocks	All Lower Rank Strikes	All Lower Rank Kicks
No New Stances	Inward Forearm Block	Vertical Punch	Skip Side Kick
	Twin Inward Forearm Block	Upset Punch	Jump Side Kick
	Knifehand Inward Forearm Block	Twin Upset Punch	Inner Crescent Kick
	Twin Knifehand Inward Forearm Block	Upset Knifehand Strike	Outer Crescent Kick
	Tension Knifehand Low Block	Twin Upset Knifehand Strike	Step Crescent Kick Inner and Outer
	Tension Knifehand Forearm Block	360 Knifehand Strike	Skip Crescent Kick Inner and Outer
	Compound Technique Knifehand High Block / Palm Heel Strike	Upward Elbow Strike Regular and Knifehand	Step Hook Kick Spin Hook Kick Step Spin Hook Kick