

# Street Fighter Styles

The term “brawling” has been used to signify those who do not have any martial arts style. The majority of NPCs will fall into this category. Those moves listed as learnable by “any” (Common Moves pg. 102 main book) make up their list. The “any” moves are also included in each style’s list for completeness.

Maneuvers marked with an (\*), are those that make up the style’s compliment, and as such are cheaper to learn. Where there is a discrepancy in points cost between the style’s list and the maneuver’s list, I have used the maneuver’s list cost.

Nothing has been added that is not in the following books:

- Street Fighter “The Storytelling Game” (main book)
- Street Fighter “Players Guide”
- Street Fighter “Shades of Gray” (insert module of storyteller’s screen)
- Street Fighter “Secrets of Shadoloo”
- Street Fighter “The Perfect Warrior”
- Street Fighter “Contenders”

Feel free to use yourself or distribute to any Street Fighter enthusiast. The only condition I have is that nothing on it is changed, altered or added to in any way. I do not want to see these coming back to me with “extra” styles added.

This list is designed for those who own all six “Street Fighter” products by White Wolf Games and is intended not as a challenge to any copyright, but as a reference guide. Those who do not own these books should not use this material.

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## **Brawling**

### **Punch:**

Jab (free)  
 Strong (free)  
 Fierce (free)  
 Power Uppercut (1)  
 Widowmaker (1)  
 Buffalo Punch (2)  
 Ducking Fierce (2)  
 Elbow Smash (2)  
 Haymaker (2)  
 Head Butt (2)  
 Monkey Grab Punch (2)  
 Spinning Back Fist (2)  
 Triple Strike (2)  
 Ear Pop (3)  
 Lunging Punch (3)  
 Shockwave (4)  
 Spinning Knuckle (4)  
 Knife Hand Strike (5)

### **Kick:**

Short (free)  
 Forward (free)  
 Roundhouse (free)  
 Double Hit Kick (2)  
 Flying Knee Thrust (2)  
 Foot Sweep (2)  
 Handstand Kick (2)  
 Spinning Foot Sweep (2)  
 Cartwheel Kick (3)  
 Forward Backflip Kick (3)

Heel Stamp (3)  
Reverse Frontal Kick (3)  
Wounded Knee (3)  
Back Flip Kick (4)  
Forward Flip Knee (4)  
Flash Kick (5)  
Flying Thrust Kick (5)

**Block:**

Block (free)  
Kick Defence (1)  
Punch Defence (1)  
Deflecting Punch (2)  
Missile Reflection (2)  
Energy Reflection (4)  
Maka Wara (5)

**Grab:**

Grab (free)  
Throw (1)  
Back Roll Throw (2)  
Brain Cracker (2)  
Eye Rake (2)  
Flying Tackle (2)  
Suplex (2)  
Air Suplex (3)  
Air Throw (3)  
Bear Hug (3)  
Choke Throw (3)  
Hair Throw (3)  
Head Bite (3)  
Head Butt Hold (3)  
Knee Basher (3)  
Neck Choke (3)  
Thigh Press (3)  
Disengage (4)  
Improved Pin (4)  
Pile Driver (4)  
Face Slam (5)  
Grappling Defence (5)  
Pin (5)  
Sleeper (5)

**Athletics:**

Movement (free)  
Jump (1)  
Air Smash (2)  
Breakfall (2)  
Jumping Shoulder Butt (2)  
Wall Spring (2)  
Flying Head Butt (3)  
Backflip (4)  
Flying Body Spear (4)  
Flying Heel Stomp (4)  
Vertical Rolling Attack (4)  
Light Feet (5)  
Rolling Attack (5)  
Tumbling Attack (5)

**Focus:**

Regeneration (3)  
Acid Breath (4)  
Cobra Charm (4)  
Ice Blast (4)  
Repeating Fireball (4)  
Shock Treatment (4)  
Sonic Boom (4)  
Stunning Shout (4)  
Toughskin (4)  
Zen No Mind (4)  
Fireball (5)  
Psychokinetic Channelling (5)

**Capoeira**

**Punch:**

Jab (free)  
Strong (free)  
Fierce (free)  
Head Butt (1)\*  
Power Uppercut (1)  
Widowmaker (1)  
Buffalo Punch (2)  
Ducking Fierce (2)  
Elbow Smash (2)  
Haymaker (2)  
Monkey Grab Punch (2)  
Spinning Back Fist (2)  
Triple Strike (2)

Ear Pop (3)  
Lunging Punch (3)  
Shockwave (4)  
Spinning Clothesline (4)\*  
Spinning Knuckle (4)  
Turbo Spinning Clothesline (4)\*  
Knife Hand Strike (5)

**Kick:**

Short (free)  
Forward (free)  
Roundhouse (free)  
Double Hit Knee (1)\*  
Forward Backflip Kick (1)\*  
Back Flip Kick (2)\*  
Cartwheel Kick (2)\*  
Double Hit Kick (2)  
Flying Knee Thrust (2)  
Foot Sweep (2)  
Forward Flip Knee (2)\*  
Handstand Kick (2)  
Spinning Foot Sweep (2)  
Heel Stamp (3)  
Reverse Frontal Kick (3)  
Wounded Knee (3)  
Flash Kick (5)  
Flying Thrust Kick (5)  
Lightning Leg (5)\*

**Block:**

Block (free)  
Kick Defence (1)  
Punch Defence (1)  
Deflecting Punch (2)  
Missile Reflection (2)  
Energy Reflection (4)  
Maka Wara (5)

**Grab:**

Grab (free)  
Back Roll Throw (1)\*  
Throw (1)  
Brain Cracker (2)  
Dislocate Limb (2)\*  
Eye Rake (2)  
Flying Tackle (2)

Head Bite (2)\*  
Knee Basher (2)\*  
Suplex (2)  
Air Suplex (3)  
Air Throw (3)  
Bear Hug (3)  
Choke Throw (3)  
Hair Throw (3)  
Head Butt Hold (3)  
Neck Choke (3)  
Thigh Press (3)  
Disengage (4)  
Improved Pin (4)  
Pile Driver (4)  
Face Slam (5)  
Grappling Defence (5)  
Pin (5)  
Sleeper (5)

**Athletics:**

Movement (free)  
Breakfall (1)\*  
Jump (1)  
Air Smash (2)  
Backflip (2)\*  
Drunken Monkey Roll (2)\*  
Jumping Shoulder Butt (2)  
Vertical Rolling Attack (2)\*  
Wall Spring (2)  
Beast Roll (3)\*  
Flying Head Butt (3)  
Rolling Attack (3)\*  
Tumbling Attack (3)\*  
Flying Body Spear (4)  
Flying Heel Stomp (4)  
Light Feet (5)

**Focus:**

Musical Accompaniment (1)\*  
Regeneration (3)  
Acid Breath (4)  
Balance (4)\*  
Cobra Charm (4)  
Ice Blast (4)  
Repeating Fireball (4)  
Shock Treatment (4)  
Sonic Boom (4)

Stunning Shout (4)  
Toughskin (4)  
Zen No Mind (4)  
Fireball (5)  
Psychokinetic Channelling (5)

## **Kabaddi**

### **Punch:**

Jab (free)  
Strong (free)  
Fierce (free)  
Head Butt (1)\*  
Power Uppercut (1)  
Widowmaker (1)  
Buffalo Punch (2)  
Ducking Fierce (2)  
Elbow Smash (2)  
Haymaker (2)  
Monkey Grab Punch (2)  
Spinning Back Fist (2)  
Triple Strike (2)  
Ear Pop (3)  
Lunging Punch (3)  
Shockwave (4)  
Spinning Knuckle (4)  
Knife Hand Strike (5)

### **Kick:**

Short (free)  
Forward (free)  
Roundhouse (free)  
Double Hit Kick (2)  
Flying Knee Thrust (2)  
Foot Sweep (2)  
Handstand Kick (2)  
Slide Kick (2)\*  
Spinning Foot Sweep (2)  
Cartwheel Kick (3)  
Forward Backflip Kick (3)  
Heel Stamp (3)  
Reverse Frontal Kick (3)  
Wounded Knee (3)  
Back Flip Kick (4)  
Forward Flip Knee (4)  
Flash Kick (5)

Flying Thrust Kick (5)

**Block:**

Block (free)

Kick Defence (1)

Punch Defence (1)

Deflecting Punch (2)

Missile Reflection (2)

Energy Reflection (3)\*

San He (3)\*

Maka Wara (5)

**Grab:**

Grab (free)

Brain Cracker (1)\*

Throw (1)

Air Suplex (2)\*

Back Roll Throw (2)

Eye Rake (2)

Flying Tackle (2)

Head Butt Hold (2)\*

Suplex (2)

Air Throw (3)

Bear Hug (3)

Choke Throw (3)

Dislocate Limb (3)\*

Hair Throw (3)

Head Bite (3)

Knee Basher (3)

Neck Choke (3)

Thigh Press (3)

Disengage (4)

Improved Pin (4)

Pile Driver (4)

Face Slam (5)

Grappling Defence (5)

Pin (5)

Sleeper (5)

**Athletics:**

Movement (free)

Jump (1)

Air Smash (2)

Breakfall (2)



Flying Body Spear (2)\*  
Jumping Shoulder Butt (2)  
Wall Spring (2)  
Flying Head Butt (3)  
Backflip (4)  
Flying Heel Stomp (4)  
Vertical Rolling Attack (4)  
Cannon Drill (5)\*  
Light Feet (5)  
Rolling Attack (5)  
Tumbling Attack (5)

### **Focus:**

Regeneration (1)\*  
Cobra Charm (2)\*  
Telepathy (2)\*  
Balance (3)\*  
Chi Kung Healing (3)\*  
Flying Fireball (3)\*  
Fireball (3)\*  
Leech (3)\*  
Levitation (3)\*  
Mind Reading (3)\*  
Yoga Flame (3)\*  
Acid Breath (4)  
Extendible Limbs (4)\*  
Ice Blast (4)  
Repeating Fireball (4)  
Shock Treatment (4)  
Sonic Boom (4)  
Stunning Shout (4)  
Toughskin (4)  
Zen No Mind (4)  
Chi Push (5)\*  
Ghost Form (5)\*  
Improved Fireball (5)\*  
Inferno Strike (5)\*  
Psychic Vice (5)\*  
Psychokinetic Channelling (5)  
Yoga Teleport (5)\*

## **Kung Fu**

### **Punch:**

Jab (free)  
Strong (free)

Fierce (free)  
Monkey Grab Punch (1)\*  
Power Uppercut (1)  
Widowmaker (1)  
Buffalo Punch (2)  
Ducking Fierce (2)  
Elbow Smash (2)  
Haymaker (2)  
Head Butt (2)  
Monkey Grab Punch (2)  
Spinning Back Fist (2)  
Triple Strike (2)  
Ear Pop (3)  
Knife Hand Strike (3)\*  
Lunging Punch (3)  
Dim Mak (4)  
Heart Punch (4)\*  
Rekka Ken (4)\*  
Shockwave (4)  
Spinning Knuckle (4)  
Dragon Punch (5)\*  
Hundred Hand Slap (5)\*

**Kick:**

Short (free)  
Forward (free)  
Roundhouse (free)  
Air Hurricane Kick (1)\*  
Double Hit Kick (1)\*  
Forward Backflip Kick (2)\*  
Flying Knee Thrust (2)  
Foot Sweep (2)  
Handstand Kick (2)  
Spinning Foot Sweep (2)  
Back Flip Kick (3)\*  
Cartwheel Kick (3)  
Forward Flip Knee (3)  
Heel Stamp (3)\*  
Reverse Frontal Kick (3)  
Stepping Front Kick (3)\*  
Wounded Knee (3)  
Axe Kick (4)\*  
Double Dread Kick (4)\*  
Lightning Leg (4)\*  
Dragon Kick (5)\*  
Flash Kick (5)  
Flying Thrust Kick (5)  
Hurricane Kick (5)\*

Rising Storm Crow (5)\*!

**Block:**

Block (free)  
Deflecting Punch (1)\*  
Kick Defence (1)  
Punch Defence (1)  
Missile Reflection (2)  
Maka Wara (3)\*  
San He (3)\*  
Energy Reflection (4)

**Grab:**

Grab (free)  
Throw (1)  
Back Roll Throw (2)  
Brain Cracker (2)  
Eye Rake (2)  
Flying Tackle (2)  
Hair Throw (2)\*  
Suplex (2)  
Air Suplex (3)  
Air Throw (3)  
Bear Hug (3)  
Choke Throw (3)  
Head Bite (3)  
Head Butt Hold (3)  
Improved Pin (3)\*  
Knee Basher (3)  
Neck Choke (3)  
Pin (3)\*  
Thigh Press (3)  
Disengage (4)  
Grappling Defence (4)\*  
Pile Driver (4)  
Face Slam (5)  
Rising Storm Crow (5)\*!  
Sleeper (5)

**Athletics:**

Movement (free)  
Jump (1)  
Air Smash (2)

Breakfall (2)  
Drunken Monkey Roll (2)\*  
Jumping Shoulder Butt (2)  
Wall Spring (2)  
Flying Head Butt (3)  
Backflip (4)  
Flying Body Spear (4)  
Flying Heel Stomp (4)  
Vertical Rolling Attack (4)  
Light Feet (5)  
Rolling Attack (5)  
Tumbling Attack (5)

**Focus:**

Regeneration (2)\*  
Balance (3)\*  
Chi Kung Healing (3)\*  
Flying Fireball (3)\*  
Zen No Mind (3)\*  
Acid Breath (4)  
Cobra Charm (4)  
Fireball (4)\*  
Ice Blast (4)  
Leech (4)\*  
Levitation (4)\*  
Repeating Fireball (4)  
Shock Treatment (4)  
Sonic Boom (4)  
Stunning Shout (4)  
Toughskin (4)  
Chi Push (5)\*  
Improved Fireball (5)\*  
Psychokinetic Channelling (5)

**Native American Wrestling**

**Punch:**

Jab (free)  
Strong (free)  
Fierce (free)  
Buffalo Punch (1)\*  
Power Uppercut (1)  
Widowmaker (1)  
Ducking Fierce (2)  
Ear Pop (2)\*  
Elbow Smash (2)

Haymaker (2)  
Head Butt (2)  
Heart Punch (2)\*  
Monkey Grab Punch (2)  
Spinning Back Fist (2)  
Triple Strike (2)  
Lunging Punch (3)  
Shockwave (3)\*  
Spinning Clothesline (4)\*  
Spinning Knuckle (4)  
Knife Hand Strike (5)

**Kick:**

Short (free)  
Forward (free)  
Roundhouse (free)  
Double Hit Kick (2)  
Flying Knee Thrust (2)  
Foot Sweep (2)  
Handstand Kick (2)  
Spinning Foot Sweep (2)  
Wounded Knee (2)\*  
Cartwheel Kick (3)  
Forward Backflip Kick (3)  
Heel Stamp (3)  
Reverse Frontal Kick (3)  
Back Flip Kick (4)  
Forward Flip Knee (4)  
Flash Kick (5)  
Flying Thrust Kick (5)

**Block:**

Block (free)  
Kick Defence (1)  
Punch Defence (1)  
Deflecting Punch (2)  
Missile Reflection (2)  
Energy Reflection (4)  
Maka Wara (5)

**Grab:**

Grab (free)  
Bear Hug (1)\*  
Brain Cracker (1)\*

Neck Choke (1)\*  
Suplex (1)\*  
Throw (1)  
Air Throw (2)\*  
Back Breaker (2)\*  
Back Roll Throw (2)  
Disengage (2)\*  
Eye Rake (2)  
Face Slam (2)\*  
Flying Tackle (2)  
Thigh Press (2)\*  
Air Suplex (3)  
Choke Throw (3)  
Dislocate Limb (3)\*  
Grappling Defence (3)\*  
Hair Throw (3)  
Head Bite (3)  
Head Butt Hold (3)  
Knee Basher (3)  
Pile Driver (3)\*  
Sleeper (3)\*  
Stomach Pump (3)\*  
Improved Pin (4)  
Iron Claw (4)\*  
Pin (5)  
Spinning Pile Driver (5)\*  
Storm Hammer (5)\*

### **Athletics:**

Movement (free)  
Air Smash (1)\*  
Jump (1)  
Thunder Strike (1)\*  
Breakfall (2)  
Jumping Shoulder Butt (2)  
Wall Spring (2)  
Flying Head Butt (3)  
Ground Fighting (3)\*  
Backflip (4)  
Diving Hawk (4)\*  
Flying Body Spear (4)  
Flying Heel Stomp (4)  
Vertical Rolling Attack (4)  
Light Feet (5)  
Rolling Attack (5)  
Tumbling Attack (5)

**Focus:**

Regeneration (2)\*  
Acid Breath (4)  
Cobra Charm (4)  
Chi Kung Healing (4)\*  
Ice Blast (4)  
Repeating Fireball (4)  
Shock Treatment (4)  
Sonic Boom (4)  
Stunning Shout (4)  
Toughskin (4)  
Thunderclap (4)\*  
Zen No Mind (4)  
Chi Push (5)\*  
Fireball (5)  
Ghost Form (5)\*  
Psychokinetic Channelling (5)

**Sanbo****Punch:**

Jab (free)  
Strong (free)  
Fierce (free)  
Power Uppercut (1)  
Widowmaker (1)  
Buffalo Punch (2)  
Ducking Fierce (2)  
Ear Pop (2)\*  
Elbow Smash (2)  
Haymaker (2)  
Head Butt (2)  
Heart Punch (2)\*  
Monkey Grab Punch (2)  
Spinning Back Fist (2)  
Triple Strike (2)  
Turbo Spinning Clothesline (2)\*  
Lunging Punch (3)  
Spinning Clothesline (3)\*  
Shockwave (4)  
Spinning Knuckle (4)  
Hundred Hand Slap (5)\*  
Knife Hand Strike (5)

**Kick:**

Short (free)  
Forward (free)  
Roundhouse (free)  
Double Hit Kick (1)\*  
Flying Knee Thrust (2)  
Foot Sweep (2)  
Handstand Kick (2)  
Spinning Foot Sweep (2)  
Cartwheel Kick (3)  
Forward Backflip Kick (3)  
Heel Stamp (3)  
Reverse Frontal Kick (3)  
Wounded Knee (3)  
Back Flip Kick (4)  
Forward Flip Knee (4)  
Flash Kick (5)  
Flying Thrust Kick (5)

**Block:**

Block (free)  
Kick Defence (1)  
Punch Defence (1)  
Deflecting Punch (2)  
Missile Reflection (2)  
Energy Reflection (4)  
Maka Wara (5)

**Grab:**

Grab (free)  
Bear Hug (1)\*  
Brain Cracker (1)\*  
Suplex (1)\*  
Throw (1)  
Air Throw (2)\*  
Back Breaker (2)\*  
Back Roll Throw (2)  
Disengage (2)\*  
Eye Rake (2)  
Flying Tackle (2)  
Head Bite (2)\*  
Neck Choke (2)\*  
Pile Driver (2)\*  
Thigh Press (2)\*  
Air Suplex (3)  
Choke Throw (3)  
Dislocate Limb (3)\*



Face Slam (3)\*  
Grappling Defence (3)\*  
Hair Throw (3)  
Head Butt Hold (3)  
Knee Basher (3)  
Siberian Suplex (3)\*  
Sleeper (3)\*  
Stomach Pump (3)\*  
Improved Pin (4)  
Iron Claw (4)\*  
Siberian Bear Crusher (4)\*  
Spinning Pile Driver (4)\*  
Pin (5)

### **Athletics:**

Movement (free)  
Air Smash (1)\*  
Jump (1)  
Breakfall (2)  
Jumping Shoulder Butt (2)  
Wall Spring (2)  
Flying Head Butt (3)  
Ground Fighting (3)\*  
Backflip (4)  
Flying Body Spear (4)  
Flying Heel Stomp (4)  
Vertical Rolling Attack (4)  
Light Feet (5)  
Rolling Attack (5)  
Tumbling Attack (5)

### **Focus:**

Regeneration (3)  
Acid Breath (4)  
Cobra Charm (4)  
Ice Blast (4)  
Repeating Fireball (4)  
Shock Treatment (4)  
Sonic Boom (4)  
Stunning Shout (4)  
Toughskin (4)  
Zen No Mind (4)  
Fireball (5)  
Psychokinetic Channelling (5)

# **Shotokan Karate**

## **Punch:**

Jab (free)  
Strong (free)  
Fierce (free)  
Power Uppercut (1)  
Widowmaker (1)  
Buffalo Punch (2)  
Ducking Fierce (2)  
Elbow Smash (2)  
Haymaker (2)  
Head Butt (2)  
Lunging Punch (2)\*  
Monkey Grab Punch (2)  
Spinning Back Fist (2)  
Triple Strike (2)  
Ear Pop (3)  
Knife Hand Strike (3)\*  
Dragon Punch (4)\*  
Flaming Dragon Punch (4)\*  
Shockwave (4)  
Spinning Knuckle (4)

## **Kick:**

Short (free)  
Forward (free)  
Roundhouse (free)  
Air Hurricane Kick (1)\*  
Foot Sweep (1)\*  
Double Hit Kick (2)  
Flying Knee Thrust (2)  
Handstand Kick (2)  
Spinning Foot Sweep (2)  
Cartwheel Kick (3)  
Forward Backflip Kick (3)  
Heel Stamp (3)  
Reverse Frontal Kick (3)  
Wounded Knee (3)  
Axe Kick (4)\*  
Back Flip Kick (4)  
Double Dread Kick (4)\*  
Forward Flip Knee (4)  
Hurricane Kick (4)\*  
Flash Kick (5)  
Flying Thrust Kick (5)  
Whirlwind Kick (5)\*

**Block:**

Block (free)  
Kick Defence (1)  
Punch Defence (1)  
Deflecting Punch (2)  
Missile Reflection (2)  
Energy Reflection (3)\*  
Maka Wara (3)\*  
San He (4)\*

**Grab:**

Grab (free)  
Back Roll Throw (1)\*  
Throw (1)  
Brain Cracker (2)  
Eye Rake (2)  
Flying Tackle (2)  
Suplex (2)  
Air Suplex (3)  
Air Throw (3)  
Bear Hug (3)  
Choke Throw (3)  
Hair Throw (3)  
Head Bite (3)  
Head Butt Hold (3)  
Knee Basher (3)  
Neck Choke (3)  
Pin (3)\*  
Thigh Press (3)  
Disengage (4)  
Improved Pin (4)  
Pile Driver (4)  
Face Slam (5)  
Grappling Defence (5)  
Sleeper (5)

**Athletics:**

Movement (free)  
Jump (1)  
Air Smash (2)  
Breakfall (2)  
Jumping Shoulder Butt (2)

Wall Spring (2)  
Flying Head Butt (3)  
Backflip (4)  
Flying Body Spear (4)  
Flying Heel Stomp (4)  
Vertical Rolling Attack (4)  
Light Feet (5)  
Rolling Attack (5)  
Tumbling Attack (5)

**Focus:**

Stunning Shout (2)\*  
Fireball (3)\*  
Flying Fireball (3)\*  
Improved Fireball (3)\*  
Regeneration (3)  
Acid Breath (4)  
Balance (4)\*  
Chi Kung Healing (4)\*  
Cobra Charm (4)  
Ice Blast (4)  
Levitation (4)\*  
Repeating Fireball (4)  
Shock Treatment (4)  
Sonic Boom (4)  
Toughskin (4)  
Zen No Mind (4)  
Psychokinetic Channelling (5)

**Special Forces Training**

**Punch:**

Jab (free)  
Strong (free)  
Fierce (free)  
Power Uppercut (1)  
Spinning Back Fist (1)\*  
Widowmaker (1)  
Buffalo Punch (2)  
Ducking Fierce (2)  
Elbow Smash (2)  
Haymaker (2)  
Head Butt (2)  
Monkey Grab Punch (2)  
Spinning Knuckle (2)\*  
Triple Strike (2)

Ear Pop (3)  
Heart Punch (3)\*  
Lunging Punch (3)  
Knife Hand Strike (4)\*  
Shockwave (4)  
Turbo Spinning Clothesline (4)\*  
Hyper Fist (5)\*  
Spinning Clothesline (5)\*

### **Kick:**

Short (free)  
Forward (free)  
Roundhouse (free)  
Flying Knee Thrust (1)\*  
Foot Sweep (1)\*  
Handstand Kick (1)\*  
Spinning Foot Sweep (1)\*  
Double Hit Kick (2)  
Forward Backflip Kick (2)\*  
Spinning Foot Sweep (2)  
Axe Kick (3)\*  
Back Flip Kick (3)\*  
Cartwheel Kick (3)  
Flying Thrust Kick (3)\*  
Forward Flip Knee (3)\*  
Heel Stamp (3)  
Reverse Frontal Kick (3)  
Wounded Knee (3)  
Double Dread Kick (4)\*  
Flash Kick (4)\*  
Lightning Leg (5)\*  
Tiger Knee (5)\*

### **Block:**

Block (free)  
Kick Defence (1)  
Punch Defence (1)  
Deflecting Punch (2)  
Missile Reflection (2)  
Energy Reflection (4)  
Maka Wara (5)

### **Grab:**

Grab (free)  
Neck Choke (1)\*  
Suplex (1)\*  
Throw (1)  
Air Throw (2)\*  
Back Roll Throw (2)  
Brain Cracker (2)  
Eye Rake (2)  
Flying Tackle (2)  
Hair Throw (2)\*  
Knee Basher (2)\*  
Thigh Press (2)\*  
Air Suplex (3)  
Bear Hug (3)  
Choke Throw (3)  
Dislocate Limb (3)\*  
Head Bite (3)  
Head Butt Hold (3)  
Improved Pin (3)\*  
Pile Driver (3)\*  
Disengage (4)  
Pin (4)\*  
Sleeper (4)\*  
Face Slam (5)  
Grappling Defence (5)

### **Athletics:**

Movement (free)  
Jump (1)  
Air Smash (2)  
Breakfall (2)  
Jumping Shoulder Butt (2)  
Wall Spring (2)  
Flying Head Butt (3)  
Backflip (4)  
Cannon Drill (4)\*  
Flying Body Spear (4)  
Flying Heel Stomp (4)  
Ground Fighting (4)\*  
Vertical Rolling Attack (4)  
Light Feet (5)  
Rolling Attack (5)  
Tumbling Attack (5)

### **Focus:**

Regeneration (3)  
Acid Breath (4)  
Cobra Charm (4)  
Ice Blast (4)  
Repeating Fireball (4)  
Shock Treatment (4)  
Sonic Boom (4)  
Stunning Shout (4)  
Toughskin (4)  
Zen No Mind (4)  
Fireball (5)  
Psychokinetic Channelling (5)

## **Sumo Wrestling**

### **Punch:**

Jab (free)  
Strong (free)  
Fierce (free)  
Head Butt (1)\*  
Power Uppercut (1)  
Widowmaker (1)  
Buffalo Punch (2)  
Ducking Fierce (2)  
Ear Pop (2)\*  
Elbow Smash (2)  
Haymaker (2)  
Monkey Grab Punch (2)  
Spinning Back Fist (2)  
Triple Strike (2)  
Heart Punch (3)\*  
Lunging Punch (3)  
Hundred Hand Slap (4)\*  
Shockwave (4)  
Spinning Knuckle (4)  
Knife Hand Strike (5)

### **Kick:**

Short (free)  
Forward (free)  
Roundhouse (free)  
Double Hit Kick (1)\*  
Foot Sweep (1)\*  
Spinning Foot Sweep (1)\*  
Flying Knee Thrust (2)  
Handstand Kick (2)

Cartwheel Kick (3)  
Forward Backflip Kick (3)  
Heel Stamp (3)  
Reverse Frontal Kick (3)  
Wounded Knee (3)  
Back Flip Kick (4)  
Forward Flip Knee (4)  
Flash Kick (5)  
Flying Thrust Kick (5)

**Block:**

Block (free)  
Kick Defence (1)  
Punch Defence (1)  
Deflecting Punch (2)  
Missile Reflection (2)  
Maka Wara (3)\*  
San He (3)\*  
Energy Reflection (4)

**Grab:**

Grab (free)  
Throw (1)  
Back Roll Throw (2)  
Brain Cracker (2)  
Eye Rake (2)  
Face Slam (2)\*  
Flying Tackle (2)  
Knee Basher (2)\*  
Suplex (2)  
Air Suplex (3)  
Air Throw (3)  
Bear Hug (3)  
Choke Throw (3)  
Hair Throw (3)  
Head Bite (3)  
Head Butt Hold (3)  
Neck Choke (3)  
Thigh Press (3)  
Disengage (4)  
Improved Pin (4)  
Pile Driver (4)  
Sleeper (4)\*  
Grappling Defence (5)  
Pin (5)



**Athletics:**

Movement (free)  
Air Smash (1)\*  
Jump (1)  
Breakfall (2)  
Flying Head Butt (2)\*  
Jumping Shoulder Butt (2)  
Wall Spring (2)  
Backflip (4)  
Flying Body Spear (4)  
Flying Heel Stomp (4)  
Vertical Rolling Attack (4)  
Light Feet (5)  
Rolling Attack (5)  
Tumbling Attack (5)

**Focus:**

Stunning Shout (2)  
Toughskin (2)  
Regeneration (3)  
Acid Breath (4)  
Cobra Charm (4)  
Ice Blast (4)  
Repeating Fireball (4)  
Shock Treatment (4)  
Sonic Boom (4)  
Zen No Mind (4)  
Fireball (5)  
Psychokinetic Channelling (5)

**Western Kickboxing****Punch:**

Jab (free)  
Strong (free)  
Fierce (free)  
Power Uppercut (1)  
Spinning Back Fist (1)\*  
Widowmaker (1)  
Buffalo Punch (2)  
Ducking Fierce (2)  
Elbow Smash (2)  
Fist Sweep (2)\*

Haymaker (2)  
Head Butt (2)  
Lunging Punch (2)\*  
Monkey Grab Punch (2)  
Triple Strike (2)  
Ear Pop (3)  
Spinning Knuckle (3)\*  
Heart Punch (4)\*  
Hyper Fist (4)\*  
Shockwave (4)  
Dashing Punch (5)\*  
Knife Hand Strike (5)  
Rekka Ken (5)\*  
Turn Punch (5)\*

**Kick:**

Short (free)  
Forward (free)  
Roundhouse (free)  
Double Hit Kick (1)\*  
Flying Knee Thrust (1)\*  
Reverse Frontal Kick (1)\*  
Foot Sweep (2)  
Handstand Kick (2)  
Slide Kick (2)\*  
Spinning Foot Sweep (2)  
Wounded Knee (2)\*  
Axe Kick (3)\*  
Cartwheel Kick (3)  
Double Dread Kick (3)\*  
Forward Backflip Kick (3)  
Heel Stamp (3)  
Back Flip Kick (4)  
Forward Flip Knee (4)  
Stepping Front Kick (4)\*  
Flash Kick (5)  
Flying Thrust Kick (5)  
Tiger Knee (5)\*

**Block:**

Block (free)  
Deflecting Punch (1)\*  
Kick Defence (1)  
Punch Defence (1)  
Missile Reflection (2)  
Energy Reflection (4)

Maka Wara (5)

**Grab:**

Grab (free)  
Back Roll Throw (1)  
Brain Cracker (1)  
Throw (1)  
Eye Rake (2)  
Flying Tackle (2)  
Knee Basher (2)\*  
Suplex (2)  
Air Suplex (3)  
Air Throw (3)  
Bear Hug (3)  
Choke Throw (3)  
Hair Throw (3)  
Head Bite (3)  
Head Butt Hold (3)  
Neck Choke (3)  
Thigh Press (3)  
Disengage (4)  
Improved Pin (4)  
Pile Driver (4)  
Face Slam (5)  
Grappling Defence (5)  
Pin (5)  
Sleeper (5)

**Athletics:**

Movement (free)  
Jump (1)  
Air Smash (2)  
Breakfall (2)  
Jumping Shoulder Butt (2)  
Wall Spring (2)  
Flying Head Butt (3)  
Backflip (4)  
Flying Body Spear (4)  
Flying Heel Stomp (4)  
Vertical Rolling Attack (4)  
Light Feet (5)  
Rolling Attack (5)  
Tumbling Attack (5)

**Focus:**

Regeneration (3)  
Acid Breath (4)  
Cobra Charm (4)  
Ice Blast (4)  
Repeating Fireball (4)  
Shock Treatment (4)  
Sonic Boom (4)  
Stunning Shout (4)  
Toughskin (4)  
Zen No Mind (4)  
Fireball (5)  
Psychokinetic Channelling (5)

## **Wu Shu**

### **Punch:**

Jab (free)  
Strong (free)  
Fierce (free)  
Power Uppercut (1)  
Widowmaker (1)  
Buffalo Punch (2)  
Ducking Fierce (2)  
Elbow Smash (2)  
Haymaker (2)  
Head Butt (2)  
Monkey Grab Punch (2)  
Spinning Back Fist (2)  
Triple Strike (2)  
Ear Pop (3)  
Lunging Punch (3)  
Spinning Knuckle (3)\*  
Shockwave (4)  
Knife Hand Strike (5)  
Rekka Ken (5)\*

### **Kick:**

Short (free)  
Forward (free)  
Roundhouse (free)  
Air Hurricane Kick (1)\*  
Double Hit Kick (1)\*  
Forward Backflip Kick (1)\*  
Handstand Kick (1)\*  
Back Flip Kick (2)\*

Flying Knee Thrust (2)  
Foot Sweep (2)  
Forward Flip Knee (2)\*  
Reverse Frontal Kick (2)\*  
Spinning Foot Sweep (2)  
Cartwheel Kick (2)\*  
Heel Stamp (3)  
Lightning Leg (3)\*  
Wounded Knee (3)  
Axe Kick (4)\*  
Flying Thrust Kick (4)\*  
Scissor Kick (4)\*  
Stepping Front Kick (4)\*  
Whirlwind Kick (4)\*  
Flash Kick (5)  
Great Wall of China (5)\*  
Hurricane Kick (5)\*

**Block:**

Block (free)  
Kick Defence (1)  
Punch Defence (1)  
Deflecting Punch (2)  
Missile Reflection (2)  
San He (3)\*  
Energy Reflection (4)  
Maka Wara (4)\*

**Grab:**

Grab (free)  
Back Roll Throw (1)\*  
Throw (1)  
Air Throw (2)\*  
Brain Cracker (2)  
Eye Rake (2)  
Flying Tackle (2)  
Suplex (2)  
Air Suplex (3)  
Bear Hug (3)  
Choke Throw (3)  
Hair Throw (3)  
Head Bite (3)  
Head Butt Hold (3)  
Improved Pin (3)\*  
Knee Basher (3)  
Neck Choke (3)

Pin (3)\*  
Thigh Press (3)  
Disengage (4)  
Pile Driver (4)  
Face Slam (5)  
Grappling Defence (5)  
Sleeper (5)

### **Athletics:**

Movement (free)  
Jump (1)  
Wall Spring (1)\*  
Air Smash (2)  
Breakfall (2)  
Drunken Monkey Roll (2)\*  
Jumping Shoulder Butt (2)  
Vertical Rolling Attack (2)  
Backflip (3)\*  
Flying Head Butt (3)  
Flying Heel Stomp (3)\*  
Rolling Attack (3)\*  
Displacement (4)\*  
Flying Body Spear (4)  
Cannon Drill (5)\*  
Light Feet (5)  
Tumbling Attack (5)

### **Focus:**

Balance (2)\*  
Flying Fireball (3)\*  
Regeneration (3)  
Acid Breath (4)  
Chi Kung Healing (4)\*  
Cobra Charm (4)  
Fireball (4)\*  
Ice Blast (4)  
Levitation (4)\*  
Repeating Fireball (4)  
Shock Treatment (4)  
Sonic Boom (4)  
Stunning Shout (4)  
Toughskin (4)  
Zen No Mind (4)  
Improved Fireball (5)\*  
Psychokinetic Channelling (5)

## **Boxing**

### **Punch:**

Jab (free)  
Strong (free)  
Fierce (free)  
Head Butt (1)\*  
Power Uppercut (1)  
Widowmaker (1)  
Buffalo Punch (2)  
Ducking Fierce (2)  
Elbow Smash (2)  
Fist Sweep (2)\*  
Haymaker (2)  
Lunging Punch (2)\*  
Monkey Grab Punch (2)  
Spinning Back Fist (2)  
Triple Strike (2)  
Ear Pop (3)  
Dashing Punch (4)\*  
Heart Punch (4)\*  
Hyper Fist (4)\*  
Shockwave (4)  
Spinning Knuckle (4)  
Turn Punch (4)\*  
Knife Hand Strike (5)  
Rekka Ken (5)\*

### **Kick: (technically)**

Short (free)  
Forward (free)  
Roundhouse (free)  
Double Hit Kick (2)  
Flying Knee Thrust (2)  
Foot Sweep (2)  
Handstand Kick (2)  
Spinning Foot Sweep (2)  
Cartwheel Kick (3)  
Forward Backflip Kick (3)  
Heel Stamp (3)  
Reverse Frontal Kick (3)  
Wounded Knee (3)  
Back Flip Kick (4)  
Forward Flip Knee (4)  
Flash Kick (5)  
Flying Thrust Kick (5)

**Block:**

Block (free)  
Deflecting Punch (1)\*  
Kick Defence (1)  
Punch Defence (1)  
Missile Reflection (2)  
Energy Reflection (4)  
Maka Wara (5)

**Grab:**

Grab (free)  
Brain Cracker (1)\*  
Head Bite (1)\*  
Throw (1)  
Back Roll Throw (2)  
Eye Rake (2)  
Flying Tackle (2)  
Head Butt Hold (2)\*  
Suplex (2)  
Air Suplex (3)  
Air Throw (3)  
Bear Hug (3)  
Choke Throw (3)  
Hair Throw (3)  
Knee Basher (3)  
Neck Choke (3)  
Thigh Press (3)  
Disengage (4)  
Improved Pin (4)  
Pile Driver (4)  
Face Slam (5)  
Grappling Defence (5)  
Pin (5)  
Sleeper (5)

**Athletics:**

Movement (free)  
Jump (1)  
Jumping Shoulder Butt (1)\*  
Air Smash (2)  
Breakfall (2)  
Wall Spring (2)  
Flying Head Butt (3)



Backflip (4)  
Flying Body Spear (4)  
Flying Heel Stomp (4)  
Vertical Rolling Attack (4)  
Light Feet (5)  
Rolling Attack (5)  
Tumbling Attack (5)

**Focus:**

Regeneration (3)  
Toughskin (3)\*  
Acid Breath (4)  
Cobra Charm (4)  
Ice Blast (4)  
Repeating Fireball (4)  
Shock Treatment (4)  
Sonic Boom (4)  
Stunning Shout (4)  
Zen No Mind (4)  
Fireball (5)  
Psychokinetic Channelling (5)

**Ler Drit**

**Punch:**

Jab (free)  
Strong (free)  
Fierce (free)  
Power Uppercut (1)  
Widowmaker (1)  
Buffalo Punch (2)  
Ducking Fierce (1)\*  
Elbow Smash (2)  
Haymaker (2)  
Head Butt (2)  
Monkey Grab Punch (2)  
Spinning Back Fist (2)  
Triple Strike (2)  
Ear Pop (3)  
Lunging Punch (3)  
Spinning Knuckle (3)\*  
Shockwave (4)  
Hyper Fist (5)\*  
Knife Hand Strike (5)

**Kick:**

Short (free)  
Forward (free)  
Roundhouse (free)  
Flying Knee Thrust (1)\*  
Double Hit Kick (2)  
Foot Sweep (2)  
Forward Slide Kick (2)\*  
Handstand Kick (2)  
Slide Kick (2)\*  
Spinning Foot Sweep (2)  
Cartwheel Kick (3)  
Forward Backflip Kick (3)  
Forward Flip Knee (3)\*  
Heel Stamp (3)  
Reverse Frontal Kick (3)  
Scissor Kick (3)\*  
Wounded Knee (3)  
Back Flip Kick (4)  
Double Dread Kick (4)\*  
Stepping Front Kick (4)\*  
Flash Kick (5)  
Flying Thrust Kick (5)

**Block:**

Block (free)  
Kick Defence (1)  
Punch Defence (1)  
Deflecting Punch (2)  
Missile Reflection (2)  
San He (3)\*  
Energy Reflection (4)  
Maka Wara (5)

**Grab:**

Grab (free)  
Throw (1)  
Back Roll Throw (2)  
Brain Cracker (2)  
Eye Rake (2)  
Flying Tackle (2)  
Suplex (2)  
Air Suplex (3)  
Air Throw (3)  
Bear Hug (3)

Choke Throw (3)  
Hair Throw (3)  
Head Bite (3)  
Head Butt Hold (3)  
Knee Basher (3)  
Neck Choke (3)  
Thigh Press (3)  
Disengage (4)  
Grappling Defence (4)\*  
Improved Pin (4)  
Pile Driver (4)  
Face Slam (5)  
Iron Claw (5)\*  
Pin (5)  
Sleeper (5)

**Athletics:**

Movement (free)  
Jump (1)  
Air Smash (2)  
Breakfall (2)  
Jumping Shoulder Butt (2)  
Wall Spring (2)  
Flying Body Spear (3)\*  
Flying Head Butt (3)  
Flying Heel Stomp (3)\*  
Flying Punch (3)\*  
Backflip (4)  
Vertical Rolling Attack (4)  
Light Feet (5)  
Rolling Attack (5)  
Tumbling Attack (5)

**Focus:**

Regeneration (2)\*  
Telepathy (2)\*  
Cobra Charm (3)\*  
Mind Reading (3)\*  
Psychic Rage (3)\*  
Psychokinetic Channelling (3)\*  
Stunning Shout (3)\*  
Acid Breath (4)  
Ice Blast (4)  
Psychic Vice (4)\*  
Repeating Fireball (4)  
Shock Treatment (4)

Sonic Boom (4)  
Toughskin (4)  
Zen No Mind (4)  
Fireball (5)  
Mind Control (5)\*  
Psycho Crusher (5)\*

## **Spanish Ninjitsu**

### **Punch:**

Jab (free)  
Strong (free)  
Fierce (free)  
Monkey Grab Punch (1)\*  
Power Uppercut (1)  
Widowmaker (1)  
Buffalo Punch (2)  
Ducking Fierce (2)  
Ear Pop (2)\*  
Elbow Smash (2)  
Haymaker (2)  
Head Butt (2)  
Monkey Grab Punch (2)  
Spinning Back Fist (2)  
Triple Strike (2)  
Lunging Punch (3)  
Shockwave (4)  
Spinning Knuckle (4)  
Knife Hand Strike (5)

### **Kick:**

Short (free)  
Forward (free)  
Roundhouse (free)  
Forward Backflip Kick (1)\*  
Handstand Kick (1)\*  
Back Flip Kick (2)\*  
Double Hit Kick (2)  
Flying Knee Thrust (2)  
Foot Sweep (2)  
Slide Kick (2)\*  
Spinning Foot Sweep (2)  
Cartwheel Kick (3)  
Forward Flip Knee (3)\*  
Forward Slide Kick (3)\*

Heel Stamp (3)  
Reverse Frontal Kick (3)  
Wounded Knee (3)  
Scissor Kick (4)\*  
Flash Kick (5)  
Flying Thrust Kick (5)

**Block:**

Block (free)  
Kick Defence (1)  
Punch Defence (1)  
Deflecting Punch (2)  
Missile Reflection (2)  
Energy Reflection (4)  
Maka Wara (5)

**Grab:**

Grab (free)  
Air Suplex (1)\*  
Back Roll Throw (1)\*  
Choke Throw (1)\*  
Suplex (1)\*  
Throw (1)  
Air Throw (2)\*  
Brain Cracker (2)  
Disengage (2)\*  
Eye Rake (2)  
Flying Tackle (2)  
Displacement (3)\*  
Bear Hug (3)  
Hair Throw (3)  
Head Bite (3)  
Head Butt Hold (3)  
Knee Basher (3)  
Neck Choke (3)  
Thigh Press (3)  
Improved Pin (4)  
Pile Driver (4)  
Face Slam (5)  
Grappling Defence (5)  
Pin (5)  
Sleeper (5)

**Athletics:**

Movement (free)  
Jump (1)  
Wall Spring (1)\*  
Air Smash (2)  
Backflip (2)\*  
Breakfall (2)  
Jumping Shoulder Butt (2)  
Tumbling Attack (2)\*  
Displacement (3)\*  
Flying Head Butt (3)  
Flying Heel Stomp (3)\*  
Light Feet (3)\*  
Diving Hawk (4)\*  
Flying Body Spear (4)  
Vertical Rolling Attack (4)  
Rolling Attack (5)

**Focus:**

Regeneration (3)  
Acid Breath (4)  
Cobra Charm (4)  
Ice Blast (4)  
Repeating Fireball (4)  
Shock Treatment (4)  
Sonic Boom (4)  
Stunning Shout (4)  
Toughskin (4)  
Zen No Mind (4)  
Fireball (5)  
Psychokinetic Channelling (5)

**Thai Kickboxing (Muay Thai)**

**Punch:**

Jab (free)  
Strong (free)  
Fierce (free)  
Elbow Smash (1)\*  
Power Uppercut (1)  
Spinning Back Fist (1)\*  
Widowmaker (1)  
Buffalo Punch (2)  
Ducking Fierce (2)  
Haymaker (2)  
Head Butt (2)  
Monkey Grab Punch (2)

Triple Strike (2)  
Ear Pop (3)  
Lunging Punch (3)  
Flaming Dragon Punch (4)\*  
Shockwave (4)  
Spinning Knuckle (4)  
Turn Punch (4)\*  
Dragon Punch [Tiger Uppercut] (5)\*  
Knife Hand Strike (5)

**Kick:**

Short (free)  
Forward (free)  
Roundhouse (free)  
Double Hit Kick (1)\*  
Double Hit Knee (1)\*  
Flying Knee Thrust (1)\*  
Foot Sweep (1)\*  
Handstand Kick (2)  
Spinning Foot Sweep (2)  
Wounded Knee (2)\*  
Cartwheel Kick (3)  
Double Dread Kick (3)\*  
Forward Backflip Kick (3)  
Heel Stamp (3)  
Reverse Frontal Kick (3)  
Back Flip Kick (4)  
Forward Flip Knee (4)  
Lightning Leg (4)\*  
Tiger Knee (4)\*  
Flash Kick (5)  
Flying Thrust Kick (5)

**Block:**

Block (free)  
Kick Defence (1)  
Punch Defence (1)  
Deflecting Punch (2)  
Missile Reflection (2)  
Maka Wara (3)\*  
Energy Reflection (4)

**Grab:**

Grab (free)

Brain Cracker (1)\*  
Throw (1)  
Back Roll Throw (2)  
Eye Rake (2)  
Flying Tackle (2)  
Head Butt Hold (2)\*  
Knee Basher (2\*)  
Suplex (2)  
Air Suplex (3)  
Air Throw (3)  
Bear Hug (3)  
Choke Throw (3)  
Hair Throw (3)  
Head Bite (3)  
Neck Choke (3)  
Thigh Press (3)  
Disengage (4)  
Improved Pin (4)  
Pile Driver (4)  
Face Slam (5)  
Grappling Defence (5)  
Pin (5)  
Sleeper (5)

**Athletics:**

Movement (free)  
Jump (1)  
Jumping Shoulder Butt (1)\*  
Air Smash (2)  
Breakfall (2)  
Wall Spring (2)  
Flying Head Butt (3)  
Backflip (4)  
Flying Body Spear (4)  
Flying Heel Stomp (4)  
Vertical Rolling Attack (4)  
Light Feet (5)  
Rolling Attack (5)  
Tumbling Attack (5)

**Focus:**

Regeneration (3)  
Toughskin (3)\*  
Zen No Mind (3)\*  
Acid Breath (4)  
Cobra Charm (4)



Chi Kung Healing (4)\*  
Fireball [Tiger Fireball] (4)\*  
Ice Blast (4)  
Repeating Fireball (4)  
Shock Treatment (4)  
Sonic Boom (4)  
Stunning Shout (4)  
Psychokinetic Channelling (5)

## **Majestic Crow Kung Fu**

### **Punch:**

Jab (free)  
Strong (free)  
Fierce (free)  
Monkey Grab Punch (1)\*  
Power Uppercut (1)  
Triple Strike (1)\*  
Widowmaker (1)  
Buffalo Punch (2)  
Ducking Fierce (2)  
Elbow Smash (2)  
Haymaker (2)  
Head Butt (2)  
Monkey Grab Punch (2)  
Spinning Back Fist (2)  
Triple Strike (2)  
Ear Pop (3)  
Lunging Punch (3)  
Crow Beats it's Wings [Hundred Hand Slap] (4)\*  
Shockwave (4)  
Spinning Knuckle (4)  
Dim Mak (5)\*  
Dragon Punch (5)\*  
Knife Hand Strike (5)  
Rekka Ken (5)\*

### **Kick:**

Short (free)  
Forward (free)  
Roundhouse (free)  
Air Hurricane Kick (1)\*  
Double Hit Kick (1)\*  
Flying Knee Thrust (2)  
Foot Sweep (2)  
Handstand Kick (2)

Spinning Foot Sweep (2)  
Back Flip Kick (3)\*  
Cartwheel Kick (3)  
Double Dread Kick (3)\*  
Forward Backflip Kick (3)  
Heel Stamp (3)  
Reverse Frontal Kick (3)  
Stepping Front Kick (3)\*  
Wounded Knee (3)  
Flash Kick (4)\*  
Flying Thrust Kick (4)\*  
Forward Flip Knee (4)  
Lightning Leg (4)\*  
Great Wall of China (5)\*  
Hurricane Kick (5)\*  
Whirlwind Kick (5)\*

**Block:**

Block (free)  
Kick Defence (1)  
Punch Defence (1)  
Deflecting Punch (2)  
Missile Reflection (2)  
Energy Reflection (4)  
San He (4)\*  
Maka Wara (5)

**Grab:**

Grab (free)  
Throw (1)  
Air Throw (2)\*  
Back Roll Throw (2)  
Brain Cracker (2)  
Eye Rake (2)  
Flying Tackle (2)  
Hair Throw (2)\*  
Suplex (2)  
Air Suplex (3)  
Bear Hug (3)  
Choke Throw (3)  
Head Bite (3)  
Head Butt Hold (3)  
Knee Basher (3)  
Neck Choke (3)  
Thigh Press (3)  
Crow's Talon [Iron Claw] (4)\*

Disengage (4)  
Grappling Defence (4)\*  
Improved Pin (4)  
Pile Driver (4)  
Rising Storm Crow (4)\*  
Face Slam (5)  
Pin (5)  
Sleeper (5)

### **Athletics:**

Movement (free)  
Air Smash (1)\*  
Jump (1)  
Wall Spring (1)\*  
Breakfall (2)  
Drunken Monkey Roll (2)\*  
Jumping Shoulder Butt (2)  
Flying Body Spear (3)\*  
Flying Head Butt (3)  
Landing Crow [Flying Heel Stomp] (3)\*  
Backflip (4)  
Flying Heel Stomp (4)  
Rolling Attack (4)\*  
Vertical Rolling Attack (4)  
Cannon Drill (5)\*  
Light Feet (5)  
Tumbling Attack (5)

### **Focus:**

Flying Fireball (3)\*  
Regeneration (3)  
Stunning Shout (3)\*  
Acid Breath (4)  
Cobra Charm (4)  
Chi Kung Healing (4)\*  
Fireball (4)\*  
Ice Blast (4)  
Repeating Fireball (4)  
Shock Treatment (4)  
Sonic Boom (4)  
Toughskin (4)  
Zen No Mind (4)  
Improved Fireball (5)\*  
Psychokinetic Channelling (5)

## **Savate**

### **Punch:**

Jab (free)  
Strong (free)  
Fierce (free)  
Power Uppercut (1)  
Spinning Back Fist (1)\*  
Buffalo Punch (2)  
Ducking Fierce (2)  
Dashing Uppercut (2)\*  
Elbow Smash (2)  
Haymaker (2)\*  
Head Butt (2)  
Monkey Grab Punch (2)  
Triple Strike (2)  
Widowmaker (2)\*  
Ear Pop (3)  
Lunging Punch (3)  
Spinning Knuckle (3)\*  
Dashing Punch (4)\*  
Shockwave (4)  
Turn Punch (4)\*  
Knife Hand Strike (5)

### **Kick:**

Short (free)  
Forward (free)  
Roundhouse (free)  
Double Hit Kick (1)\*  
Reverse Frontal Kick (1\*)  
Axe Kick (2)\*  
Flying Knee Thrust (2)  
Foot Sweep (2)  
Handstand Kick (2)  
Slide Kick (2)\*  
Spinning Foot Sweep (2)  
Cartwheel Kick (3)  
Forward Backflip Kick (3)  
Heel Stamp (3)  
Wounded Knee (3)  
Back Flip Kick (4)  
Flying Thrust Kick (4)\*  
Forward Flip Knee (4)  
Flash Kick (5)  
Lightening Leg (5)\*

**Block:**

Block (free)  
Deflecting Punch (1)\*  
Kick Defence (1)  
Punch Defence (1)  
Displacement (2)\*  
Missile Reflection (2)  
Energy Reflection (4)  
Maka Wara (5)

**Grab:**

Grab (free)  
Throw (1)  
Back Roll Throw (2)  
Brain Cracker (2)  
Eye Rake (2)  
Flying Tackle (2)  
Suplex (2)  
Air Suplex (3)  
Air Throw (3)  
Bear Hug (3)  
Choke Throw (3)  
Hair Throw (3)  
Head Bite (3)  
Head Butt Hold (3)  
Knee Basher (3)  
Neck Choke (3)  
Thigh Press (3)  
Disengage (4)  
Improved Pin (4)  
Pile Driver (4)  
Face Slam (5)  
Grappling Defence (5)  
Pin (5)  
Sleeper (5)

**Athletics:**

Movement (free)  
Jump (1)  
Air Smash (2)  
Breakfall (2)  
Esquives (2)\*  
Displacement (2)\*

Jumping Shoulder Butt (2)  
Wall Spring (2)  
Flying Head Butt (3)  
Backflip (4)  
Flying Body Spear (4)  
Flying Heel Stomp (4)  
Vertical Rolling Attack (4)  
Light Feet (5)  
Rolling Attack (5)  
Tumbling Attack (5)

**Focus:**

Regeneration (3)  
Acid Breath (4)  
Cobra Charm (4)  
Ice Blast (4)  
Repeating Fireball (4)  
Shock Treatment (4)  
Sonic Boom (4)  
Stunning Shout (4)  
Toughskin (4)\*  
Zen No Mind (4)  
Fireball (5)  
Psychokinetic Channelling (5)

**Ninjitsu**

**Punch:**

Jab (free)  
Strong (free)  
Fierce (free)  
Head Butt (1)\*  
Power Uppercut (1)  
Widowmaker (1)  
Buffalo Punch (2)  
Boshi-ken (2)\*  
Ducking Fierce (2)  
Ear Pop (2)\*  
Elbow Smash (2)  
Haymaker (2)  
Monkey Grab Punch (2)  
Shuto (2)\*  
Spinning Back Fist (2)  
Triple Strike (2)  
Lunging Punch (3)

Shikan-ken (3)\*  
Shockwave (4)  
Spinning Knuckle (4)  
Knife Hand Strike (5)  
Rekka Ken (5)\*

**Kick:**

Short (free)  
Forward (free)  
Roundhouse (free)  
Double Hit Kick (1)\*  
Double Hit Knee (1)\*  
Handstand Kick (1)\*  
Heel Stamp (1)\*  
Back Flip Kick (2)\*  
Cartwheel Kick (2)\*  
Flying Knee Thrust (2)  
Foot Sweep (2)  
Spinning Foot Sweep (2)  
Forward Backflip Kick (3)  
Reverse Frontal Kick (3)  
Wounded Knee (3)  
Flying Thrust Kick (4)\*  
Forward Flip Knee (4)  
Flash Kick (5)

**Block:**

Block (free)  
Deflecting Punch (1)\*  
Kick Defence (1)  
Punch Defence (1)  
Missile Reflection (2)  
Energy Reflection (4)  
Maka Wara (4)\*

**Grab:**

Grab (free)  
Back Roll Throw (1)\*  
Disengage (1)\*  
Eye Rake (1)\*  
Throw (1)  
Air Throw (2)\*  
Brain Cracker (2)  
Dislocate Limb (2)\*

Flying Tackle (2)  
Hair Throw (2)\*  
Suplex (2)  
Air Suplex (3)  
Bear Hug (3)  
Choke Throw (3)  
Head Bite (3)  
Head Butt Hold (3)  
Knee Basher (3)  
Neck Choke (3)  
Thigh Press (3)  
Improved Pin (4)  
Pile Driver (4)  
Face Slam (5)  
Grappling Defence (5)  
Pin (5)  
Sleeper (5)

**Athletics:**

Movement (free)  
Jump (1)  
Wall Spring (1)\*  
Air Smash (2)  
Breakfall (2)  
Drunken Monkey Roll (2)\*  
Jumping Shoulder Butt (2)  
Vertical Rolling Attack (2)\*  
Flying Head Butt (3)  
Flying Heel Stomp (3)\*  
Rolling Attack (3)\*  
Backflip (4)  
Flying Body Spear (4)  
Light Feet (5)  
Tumbling Attack (5)

**Focus:**

Shrouded Moon (2)\*  
Balance (3)\*  
Death's Visage (3)\*  
Leech (3)\*  
Regeneration (3)  
Sakki (3)\*  
Speed of the Mongoose (3)\*  
Zen No Mind (3)\*  
Acid Breath (4)  
Cobra Charm (4)



Entrancing Cobra (4)\*  
Ice Blast (4)  
Repeating Fireball (4)  
Shock Treatment (4)  
Sonic Boom (4)  
Stunning Shout (4)  
Toughskin (4)  
Fireball (5)  
Psychokinetic Channelling (5)

## **Aikido**

### **Punch:**

Jab (free)  
Strong (free)  
Fierce (free)  
Power Uppercut (1)  
Widowmaker (1)  
Buffalo Punch (2)  
Ducking Fierce (2)  
Elbow Smash (2)  
Haymaker (2)  
Head Butt (2)  
Monkey Grab Punch (2)  
Spinning Back Fist (2)  
Triple Strike (2)  
Ear Pop (3)  
Lunging Punch (3)  
Dim Mak (4)\*  
Shockwave (4)  
Spinning Knuckle (4)  
Knife Hand Strike (5)

### **Kick:**

Short (free)  
Forward (free)  
Roundhouse (free)  
Foot Sweep (1)\*  
Spinning Foot Sweep (1)\*  
Double Hit Kick (2)  
Flying Knee Thrust (2)  
Handstand Kick (2)  
Slide Kick (2)\*  
Cartwheel Kick (3)  
Forward Backflip Kick (3)  
Heel Stamp (3)

Reverse Frontal Kick (3)  
Wounded Knee (3)  
Back Flip Kick (4)  
Forward Flip Knee (4)  
Flash Kick (5)  
Flying Thrust Kick (5)

**Block:**

Block (free)  
Deflecting Punch (1)\*  
Kick Defence (1)  
Punch Defence (1)  
Missile Reflection (2)  
Energy Reflection (3)\*  
San He (3)\*  
Maka Wara (5)

**Grab:**

Grab (free)  
Throw (1)  
Back Roll Throw (1)\*  
Air Throw (2)\*  
Brain Cracker (2)  
Eye Rake (2)  
Flying Tackle (2)  
Improved Pin (2)\*  
Pin (2)\*  
Suplex (2)  
Air Suplex (3)  
Bear Hug (3)  
Choke Throw (3)  
Grappling Defence (3)\*  
Hair Throw (3)  
Head Bite (3)  
Head Butt Hold (3)  
Knee Basher (3)  
Neck Choke (3)  
Thigh Press (3)  
Disengage (4)  
Pile Driver (4)  
Face Slam (5)  
Sleeper (5)

**Athletics:**

Movement (free)  
Breakfall (1)\*  
Jump (1)  
Air Smash (2)  
Drunken Monkey Roll (2)\*  
Jumping Shoulder Butt (2)  
Wall Spring (2)  
Flying Head Butt (3)  
Backflip (4)  
Flying Body Spear (4)  
Flying Heel Stomp (4)  
Vertical Rolling Attack (4)  
Light Feet (5)  
Rolling Attack (5)  
Tumbling Attack (5)

### **Focus:**

Telepathy (2)\*  
Regeneration (2)\*  
Chi Kung Healing (3)\*  
Mind Reading (3)\*  
Stunning Shout (3)\*  
Zen No Mind (3)\*  
Acid Breath (4)  
Cobra Charm (4)  
Ice Blast (4)  
Psychokinetic Channelling (4)\*  
Repeating Fireball (4)  
Shock Treatment (4)  
Sonic Boom (4)  
Toughskin (4)  
Fireball (5)  
Ghost Form (5)\*

## **Baraqah**

### **Punch:**

Jab (free)  
Strong (free)  
Fierce (free)  
Monkey Grab Punch (1)\*  
Power Uppercut (1)  
Spinning Back Fist (1)\*  
Widowmaker (1)  
Buffalo Punch (2)  
Ducking Fierce (2)

Ear Pop (2)\*  
Elbow Smash (2)  
Haymaker (2)  
Head Butt (2)  
Triple Strike (2)  
Lunging Punch (3)  
Spinning Knuckle (3)\*  
Shockwave (4)  
Hundred Hand Slap (5)\*  
Knife Hand Strike (5)

**Kick:**

Short (free)  
Forward (free)  
Roundhouse (free)  
Foot Sweep (1)\*  
Double Hit Kick (2)  
Flying Knee Thrust (2)  
Handstand Kick (2)  
Spinning Foot Sweep (2)  
Wounded Knee (2)\*  
Cartwheel Kick (3)  
Forward Backflip Kick (3)  
Heel Stamp (3)  
Reverse Frontal Kick (3)  
Back Flip Kick (4)  
Forward Flip Knee (4)  
Flash Kick (5)  
Flying Thrust Kick (5)

**Block:**

Block (free)  
Deflecting Punch (1)\*  
Kick Defence (1)  
Punch Defence (1)  
Missile Reflection (2)  
Energy Reflection (3)\*  
Maka Wara (3)\*

**Grab:**

Grab (free)  
Back Roll Throw (1)\*  
Throw (1)  
Brain Cracker (2)

Dislocate Limb (2)\*  
Eye Rake (2)  
Flying Tackle (2)  
Improved Pin (2)\*  
Suplex (2)  
Air Suplex (3)  
Air Throw (3)  
Bear Hug (3)  
Choke Throw (3)  
Grappling Defence (3)\*  
Hair Throw (3)  
Head Bite (3)  
Head Butt Hold (3)  
Knee Basher (3)  
Neck Choke (3)  
Pin (3)\*  
Sleeper (3)\*  
Thigh Press (3)  
Disengage (4)  
Pile Driver (4)  
Face Slam (5)

### **Athletics:**

Movement (free)  
Breakfall (1)\*  
Jump (1)  
Air Smash (2)  
Jumping Shoulder Butt (2)  
Wall Spring (2)  
Flying Head Butt (3)  
Backflip (4)  
Flying Body Spear (4)  
Flying Heel Stomp (4)  
Vertical Rolling Attack (4)  
Light Feet (5)  
Rolling Attack (5)  
Tumbling Attack (5)

### **Focus:**

Regeneration (1)\*  
Telepathy (2)\*  
Balance (3)\*  
Levitation (3)\*  
Mind Reading (3)\*  
No Ego [Zen No Mind] (3)\*  
Acid Breath (4)

Cobra Charm (4)  
Ice Blast (4)  
Psychokinetic Channelling (4)\*  
Repeating Fireball (4)  
Shock Treatment (4)  
Sonic Boom (4)  
Stunning Shout (4)  
Toughskin (4)  
Zen No Mind (4)  
Baraqah Push [Chi push] (5)\*  
Ghost Form (5)\*  
Fireball (5)

## **Jeet Kune Do**

### **Punch:**

Jab (free)  
Strong (free)  
Fierce (free)  
Monkey Grab Punch (1)\*  
Power Uppercut (1)  
Widowmaker (1)  
Buffalo Punch (2)  
Ducking Fierce (2)  
Ear Pop (2)\*  
Elbow Smash (2)  
Haymaker (2)  
Head Butt (2)  
Spinning Back Fist (2)  
Triple Strike (2)  
Lunging Punch (3)  
Shockwave (4)  
Spinning Knuckle (4)  
Dragon Punch (5)\*  
Hundred Hand Slap (5)\*  
Hyper Fist (5)\*  
Knife Hand Strike (5)

### **Kick:**

Short (free)  
Forward (free)  
Roundhouse (free)  
Flying Knee Thrust (1)\*  
Foot Sweep (1)\*  
Back Flip Kick (2)\*  
Double Hit Kick (2)

Handstand Kick (2)  
Spinning Foot Sweep (2)  
Cartwheel Kick (3)  
Forward Backflip Kick (3)  
Forward Flip Knee (3)\*  
Heel Stamp (3)  
Reverse Frontal Kick (3)  
Scissors Kick (3)\*  
Stepping Front Kick (3)\*  
Wounded Knee (3)  
Lightning Leg (4)\*  
Flash Kick (5)  
Flying Thrust Kick (5)  
Hurricane Kick (5)\*  
Tiger Knee (5)\*

**Block:**

Block (free)  
Deflecting Punch (1)\*  
Kick Defence (1)  
Punch Defence (1)  
Missile Reflection (2)  
Maka Wara (3)\*  
Energy Reflection (4)

**Grab:**

Grab (free)  
Throw (1)  
Air Throw (2)\*  
Back Roll Throw (2)  
Brain Cracker (2)\*  
Eye Rake (2)  
Flying Tackle (2)  
Suplex (2)  
Air Suplex (3)  
Bear Hug (3)  
Choke Throw (3)  
Hair Throw (3)  
Head Bite (3)  
Head Butt Hold (3)  
Knee Basher (3)  
Neck Choke (3)  
Pin (3)\*  
Thigh Press (3)  
Disengage (4)  
Grappling Defence (4)\*

Improved Pin (4)  
Pile Driver (4)  
Face Slam (5)  
Sleeper (5)

### **Athletics:**

Movement (free)  
Drunken Monkey Roll (1)\*  
Jump (1)  
Wall Spring (1)\*  
Air Smash (2)  
Backflip (2)\*  
Breakfall (2)  
Jumping Shoulder Butt (2)  
Flying Head Butt (3)  
Light Feet (3)\*  
Flying Body Spear (4)  
Flying Heel Stomp (4)  
Vertical Rolling Attack (4)  
Rolling Attack (5)  
Tumbling Attack (5)

### **Focus:**

Regeneration (3)  
Zen No Mind (3)\*  
Acid Breath (4)  
Cobra Charm (4)  
Chi Kung Healing (4)\*  
Ice Blast (4)  
Repeating Fireball (4)  
Shock Treatment (4)  
Sonic Boom (4)  
Stunning Shout (4)  
Toughskin (4)  
Fireball (5)  
Psychokinetic Channelling (5)

## **Jiu Jitsu**

### **Punch:**

Jab (free)  
Strong (free)  
Fierce (free)  
Ear Pop (2)\*



Power Uppercut (1)  
Widowmaker (1)  
Buffalo Punch (2)  
Ducking Fierce (2)  
Elbow Smash (2)  
Haymaker (2)  
Head Butt (2)  
Monkey Grab Punch (2)  
Spinning Back Fist (2)  
Triple Strike (2)  
Lunging Punch (3)  
Shockwave (4)  
Spinning Knuckle (4)  
Knife Hand Strike (5)

**Kick:**

Short (free)  
Forward (free)  
Roundhouse (free)  
Foot Sweep (1)\*  
Spinning Foot Sweep (1)\*  
Double Hit Kick (2)  
Flying Knee Thrust (2)  
Handstand Kick (2)  
Cartwheel Kick (3)  
Forward Backflip Kick (3)  
Heel Stamp (3)  
Reverse Frontal Kick (3)  
Wounded Knee (3)  
Back Flip Kick (4)  
Forward Flip Knee (4)  
Flash Kick (5)  
Flying Thrust Kick (5)

**Block:**

Block (free)  
Deflecting Punch (1)\*  
Kick Defence (1)  
Punch Defence (1)  
Missile Reflection (1)\*  
Energy Reflection (3)\*  
San He (3)\*  
Maka Wara (4)\*

**Grab:**

Grab (free)  
Throw (free)\*  
Air Throw (1)\*  
Back Roll Throw (1)\*  
Neck Choke (1)\*  
Suplex (1)\*  
Back Breaker (2)\*  
Brain Cracker (2)  
Eye Rake (2)  
Flying Tackle (2)  
Grappling Defence (2)\*  
Hair Throw (2)\*  
Improved Pin (2)\*  
Pin (2)\*  
Thigh Press (2)\*  
Air Suplex (3)  
Bear Hug (3)  
Choke Throw (3)  
Dislocate Limb (3)\*  
Head Bite (3)  
Head Butt Hold (3)  
Knee Basher (3)  
Stomach Pump (3)\*  
Disengage (4)  
Pile Driver (4)  
Face Slam (5)  
Sleeper (5)

### **Athletics:**

Breakfall (free)\*  
Movement (free)  
Jump (1)  
Kippup (1)\*  
Air Smash (2)  
Jumping Shoulder Butt (2)  
Wall Spring (2)  
Flying Head Butt (3)  
Backflip (4)  
Flying Body Spear (4)  
Flying Heel Stomp (4)  
Vertical Rolling Attack (4)  
Light Feet (5)  
Rolling Attack (5)  
Tumbling Attack (5)

### **Focus:**

Regeneration (3)  
Toughskin (3)\*  
Zen No Mind (3)\*  
Acid Breath (4)  
Cobra Charm (4)  
Chi Kung Healing (4)\*  
Ice Blast (4)  
Repeating Fireball (4)  
Shock Treatment (4)  
Sonic Boom (4)  
Stunning Shout (4)  
Fireball (5)  
Psychokinetic Channelling (5)

## **Lua**

### **Punch:**

Jab (free)  
Strong (free)  
Fierce (free)  
Power Uppercut (1)  
Widowmaker (1)  
Buffalo Punch (2)  
Ducking Fierce (2)  
Elbow Smash (2)  
Haymaker (2)  
Head Butt (2)  
Monkey Grab Punch (2)  
Spinning Back Fist (2)  
Triple Strike (2)  
Ear Pop (3)  
Lunging Punch (3)  
Dim Mak (4)\*  
Shockwave (4)  
Spinning Knuckle (4)  
Knife Hand Strike (5)

### **Kick:**

Short (free)  
Forward (free)  
Roundhouse (free)  
Double Hit Knee (1)\*  
Double Hit Kick (2)  
Flying Knee Thrust (2)  
Foot Sweep (2)

Handstand Kick (2)  
Spinning Foot Sweep (2)  
Wounded Knee (2)\*  
Back Flip Kick (3)\*  
Cartwheel Kick (3)  
Forward Backflip Kick (3)  
Heel Stamp (3)  
Reverse Frontal Kick (3)  
Forward Flip Knee (4)  
Flash Kick (5)  
Flying Thrust Kick (5)

**Block:**

Block (free)  
Kick Defence (1)  
Punch Defence (1)  
Deflecting Punch (2)  
Missile Reflection (2)  
Energy Reflection (3)\*  
Maka Wara (5)

**Grab:**

Grab (free)  
Eye Rake (1)\*  
Throw (1)  
Back Roll Throw (2)  
Brain Cracker (2)  
Choke Throw (2)\*  
Disengage (2)\*  
Dislocate Limb (2)\*  
Flying Tackle (2)  
Head Bite (2)\*  
Improved Pin (2)\*  
Neck Choke (2)\*  
Pin (2)\*  
Suplex (2)  
Air Suplex (3)  
Air Throw (3)  
Bear Hug (3)  
Grappling Defence (3)\*  
Hair Throw (3)  
Head Butt Hold (3)  
Knee Basher (3)  
Sleeper (3)\*  
Thigh Press (3)  
Iron Claw (4)\*

Pile Driver (4)

Face Slam (5)

### **Athletics:**

Movement (free)

Jump (1)

Air Smash (2)

Breakfall (2)

Jumping Shoulder Butt (2)

Wall Spring (2)

Flying Head Butt (3)

Light Feet (3)\*

Backflip (4)

Flying Body Spear (4)

Flying Heel Stomp (4)

Vertical Rolling Attack (4)

Rolling Attack (5)

Tumbling Attack (5)

### **Focus:**

Musical Accompaniment (1)\*

Regeneration (2)\*

Balance (3)\*

Chi Kung Healing (3)\*

Leech (3)\*

Levitation (3)\*

Mind Reading (3)\*

Toughskin (3)\*

Acid Breath (4)

Cobra Charm (4)

Fireball (4)\*

Ice Blast (4)

Levitation (4)\*

Repeating Fireball (4)

Shock Treatment (4)

Sonic Boom (4)

Stunning Shout (4)

Zen No Mind (4)

Chi Push (5)\*

Ghost Form (5)\*

Psychokinetic Channelling (5)

## **The Pankration**

### **Punch:**

Jab (free)  
Strong (free)  
Fierce (free)  
Buffalo Punch (1)\*  
Ducking Fierce (1)\*  
Head Butt (1)\*  
Power Uppercut (1)  
Spinning Back Fist (1)\*  
Widowmaker (1)  
Ear Pop (2)\*  
Elbow Smash (2)  
Fist Sweep (2)\*  
Haymaker (2)  
Monkey Grab Punch (2)  
Triple Strike (2)  
Lunging Punch (3)  
Shockwave (4)  
Spinning Knuckle (4)  
Knife Hand Strike (5)

**Kick:**

Short (free)  
Forward (free)  
Roundhouse (free)  
Double Hit Knee (1)\*  
Flying Knee Thrust (1)\*  
Foot Sweep (1)\*  
Double Hit Kick (2)  
Handstand Kick (2)  
Slide Kick (2)\*  
Spinning Foot Sweep (2)  
Wounded Knee (2)\*  
Cartwheel Kick (3)  
Forward Backflip Kick (3)  
Heel Stamp (3)  
Reverse Frontal Kick (3)  
Back Flip Kick (4)  
Forward Flip Knee (4)  
Flash Kick (5)  
Flying Thrust Kick (5)

**Block:**

Block (free)  
Kick Defence (1)  
Punch Defence (1)

Deflecting Punch (2)  
Missile Reflection (2)  
Maka Wara (3)\*  
Energy Reflection (4)

### **Grab:**

Grab (free)  
Bear Hug (1)\*  
Brain Cracker (1)\*  
Suplex (1)\*  
Throw (1)  
Air Throw (2)\*  
Back Breaker (2)\*  
Back Roll Throw (2)  
Choke Throw (2)\*  
Disengage (2)\*  
Dislocate Limb (2)\*  
Eye Rake (2)  
Flying Tackle (2)  
Head Bite (2)\*  
Knee Basher (2)\*  
Neck Choke (2)\*  
Pin (2)\*  
Air Suplex (3)  
Grappling Defence (3)\*  
Hair Throw (3)  
Head Butt Hold (3)  
Improved Pin (3)\*  
Stomach Pump (3)\*  
Thigh Press (3)  
Pile Driver (4)  
Face Slam (5)  
Sleeper (5)

### **Athletics:**

Movement (free)  
Air Smash (1)\*  
Breakfall (1)\*  
Jump (1)  
Thunderstrike (1)\*  
Ground Fighting (2)\*  
Jumping Shoulder Butt (2)  
Wall Spring (2)  
Flying Head Butt (3)  
Flying Heel Stomp (3)\*  
Backflip (4)

Flying Body Spear (4)  
Vertical Rolling Attack (4)  
Light Feet (5)  
Rolling Attack (5)  
Tumbling Attack (5)

**Focus:**

Toughskin (2)\*  
Regeneration (3)  
Acid Breath (4)  
Cobra Charm (4)  
Ice Blast (4)  
Repeating Fireball (4)  
Shock Treatment (4)  
Sonic Boom (4)  
Stunning Shout (4)  
Zen No Mind (4)  
Fireball (5)  
Psychokinetic Channelling (5)

**Silat**

**Punch:**

Jab (free)  
Strong (free)  
Fierce (free)  
Monkey Grab Punch (1)\*  
Power Uppercut (1)  
Widowmaker (1)  
Buffalo Punch (2)  
Ducking Fierce (2)  
Elbow Smash (2)  
Haymaker (2)  
Head Butt (2)  
Monkey Grab Punch (2)  
Spinning Back Fist (2)  
Triple Strike (2)  
Ear Pop (3)  
Lunging Punch (3)  
Dim Mak (4)\*  
Shockwave (4)  
Spinning Knuckle (4)  
Dragon Punch (5)\*  
Hundred Hand Slap (5)\*  
Knife Hand Strike (5)



**Kick:**

Short (free)  
Forward (free)  
Roundhouse (free)  
Double Hit Kick (1)\*  
Flying Knee Thrust (2)  
Foot Sweep (2)  
Handstand Kick (2)  
Spinning Foot Sweep (2)  
Cartwheel Kick (3)  
Forward Backflip Kick (3)  
Heel Stamp (3)  
Reverse Frontal Kick (3)  
Stepping Front Kick (3)\*  
Wounded Knee (3)  
Back Flip Kick (4)  
Forward Flip Knee (4)  
Lightening Leg (4)\*  
Dragon Kick (5)\*  
Flash Kick (5)  
Flying Thrust Kick (5)

**Block:**

Block (free)  
Deflecting Punch (1)\*  
Kick Defence (1)  
Punch Defence (1)  
Missile Reflection (2)  
Energy Reflection (3)\*  
Maka Wara (3)\*  
San He (3)\*

**Grab:**

Grab (free)  
Throw (1)  
Back Roll Throw (2)  
Brain Cracker (2)  
Eye Rake (2)  
Flying Tackle (2)  
Hair Throw (2)\*  
Suplex (2)  
Air Suplex (3)  
Air Throw (3)  
Bear Hug (3)

Choke Throw (3)  
Dislocate Limb (3)\*  
Head Bite (3)  
Head Butt Hold (3)  
Improved Pin (3)\*  
Knee Basher (3)  
Neck Choke (3)  
Pin (3)\*  
Thigh Press (3)  
Disengage (4)  
Grappling Defence (4)\*  
Iron Claw (4)\*  
Pile Driver (4)  
Face Slam (5)  
Sleeper (5)

### **Athletics:**

Movement (free)  
Jump (1)  
Air Smash (2)  
Breakfall (2)  
Drunken Monkey Roll (2)\*  
Jumping Shoulder Butt (2)  
Wall Spring (2)  
Flying Head Butt (3)  
Backflip (4)  
Flying Body Spear (4)  
Flying Heel Stomp (4)  
Vertical Rolling Attack (4)  
Light Feet (5)  
Rolling Attack (5)  
Tumbling Attack (5)

### **Focus:**

Regeneration (2)\*  
Stunning Shout (2)\*  
Balance (3)\*  
Chi Kung Healing (3)\*  
Mind Reading (3)\*  
Sonic Boom (3)\*  
Yoga Flame (3)\*  
Zen No Mind (3)\*  
Acid Breath (4)  
Cobra Charm (4)  
Fireball (4)\*  
Ice Blast (4)

Levitation (4)\*  
Psychokinetic Channelling (4)\*  
Repeating Fireball (4)  
Shock Treatment (4)  
Toughskin (4)  
Chi Push (5)\*  
Extendible Limbs (5)\*  
Improved Fireball (5)\*

## **Tai Chi Chuan**

### **Punch:**

Jab (free)  
Strong (free)  
Fierce (free)  
Monkey Grab Punch (1)\*  
Power Uppercut (1)  
Widowmaker (1)  
Buffalo Punch (2)  
Ducking Fierce (2)  
Elbow Smash (2)  
Haymaker (2)  
Head Butt (2)  
Monkey Grab Punch (2)  
Spinning Back Fist (2)  
Triple Strike (2)  
Ear Pop (3)  
Lunging Punch (3)  
Dim Mak (4)\*  
Shockwave (4)  
Spinning Knuckle (4)  
Knife Hand Strike (5)

### **Kick:**

Short (free)  
Forward (free)  
Roundhouse (free)  
Foot Sweep (1)\*  
Spinning Foot Sweep (1)\*  
Double Hit Kick (2)  
Flying Knee Thrust (2)  
Handstand Kick (2)  
Slide Kick (2)\*  
Cartwheel Kick (3)  
Forward Backflip Kick (3)  
Heel Stamp (3)

Reverse Frontal Kick (3)  
Wounded Knee (3)  
Back Flip Kick (4)  
Forward Flip Knee (4)  
Flash Kick (5)  
Flying Thrust Kick (5)

**Block:**

Block (free)  
Deflecting Punch (1)\*  
Kick Defence (1)  
Missile Reflection (1)\*  
Punch Defence (1)  
Energy Reflection (2)\*  
San He (2)\*  
Maka Wara (5)

**Grab:**

Grab (free)  
Back Roll Throw (1)\*  
Throw (1)  
Air Throw (2)\*  
Brain Cracker (2)  
Eye Rake (2)  
Flying Tackle (2)  
Pin (2)\*  
Suplex (2)  
Air Suplex (3)  
Bear Hug (3)  
Choke Throw (3)  
Disengage (3)\*  
Dislocate Limb (3)\*  
Grappling Defence (3)\*  
Hair Throw (3)  
Head Bite (3)  
Head Butt Hold (3)  
Improved Pin (3)\*  
Knee Basher (3)  
Neck Choke (3)  
Thigh Press (3)  
Pile Driver (4)  
Face Slam (5)  
Sleeper (5)

**Athletics:**

Movement (free)  
Breakfall (1)\*  
Jump (1)  
Air Smash (2)  
Jumping Shoulder Butt (2)  
Wall Spring (2)  
Flying Head Butt (3)  
Backflip (4)  
Flying Body Spear (4)  
Flying Heel Stomp (4)  
Vertical Rolling Attack (4)  
Light Feet (5)  
Rolling Attack (5)  
Tumbling Attack (5)

### **Focus:**

Balance (2)\*  
Chi Kung Healing (2)\*  
Telepathy (2)\*  
Zen No Mind (2)\*  
Regeneration (3)  
Stunning Shout (3)\*  
Acid Breath (4)  
Cobra Charm (4)  
Ice Blast (4)  
Levitation (4)\*  
Repeating Fireball (4)  
Shock Treatment (4)  
Sonic Boom (4)  
Toughskin (4)  
Chi Push (5)\*  
Fireball (5)  
Ghost Form (5)\*  
Psychokinetic Channelling (5)

## **Wrestling**

### **Punch:**

Jab (free)  
Strong (free)  
Fierce (free)  
Power Uppercut (1)  
Widowmaker (1)  
Buffalo Punch (2)  
Ducking Fierce (2)

Ear Pop (2)\*  
Elbow Smash (2)  
Haymaker (2)  
Head Butt (2)  
Monkey Grab Punch (2)  
Spinning Back Fist (2)  
Triple Strike (2)  
Lunging Punch (3)  
Shockwave (4)  
Spinning Knuckle (4)  
Knife Hand Strike (5)

**Kick:**

Short (free)  
Forward (free)  
Roundhouse (free)  
Double Hit Kick (2)  
Flying Knee Thrust (2)  
Foot Sweep (2)  
Handstand Kick (2)  
Spinning Foot Sweep (2)  
Cartwheel Kick (3)  
Forward Backflip Kick (3)  
Heel Stamp (3)  
Reverse Frontal Kick (3)  
Wounded Knee (3)  
Back Flip Kick (4)  
Forward Flip Knee (4)  
Flash Kick (5)  
Flying Thrust Kick (5)

**Block:**

Block (free)  
Kick Defence (1)  
Punch Defence (1)  
Deflecting Punch (2)  
Missile Reflection (2)  
Energy Reflection (4)  
Maka Wara (5)

**Grab:**

Grab (free)  
Bear Hug (1)\*  
Brain Cracker (1)\*

Neck Choke (1)\*  
Suplex (1)\*  
Throw (1)  
Air Throw (2)\*  
Back Breaker (2)\*  
Back Roll Throw (2)  
Disengage (2)\*  
Eye Rake (2)  
Flying Tackle (2)  
Improved Pin (2)\*  
Knee Basher (2)\*  
Pin (2)\*  
Thigh Press (2)\*  
Air Suplex (3)  
Choke Throw (3)  
Dislocate Limb (3)\*  
Grappling Defence (3)\*  
Ground Fighting (3)\*  
Hair Throw (3)  
Head Bite (3)  
Head Butt Hold (3)  
Pile Driver (3)\*  
Spinning Pile Driver (3)\*  
Stomach Pump (3)\*  
Iron Claw (4)\*  
Face Slam (5)  
Sleeper (5)  
Storm Hammer (5)\*

### **Athletics:**

Movement (free)  
Air Smash (1)\*  
Breakfall (1)\*  
Jump (1)  
Flying Head Butt (2)\*  
Jumping Shoulder Butt (2)  
Wall Spring (2)  
Ground Fighting (3)\*  
Backflip (4)  
Flying Body Spear (4)  
Flying Heel Stomp (4)  
Vertical Rolling Attack (4)  
Light Feet (5)  
Rolling Attack (5)  
Tumbling Attack (5)

### **Focus:**

Regeneration (3)  
Acid Breath (4)  
Cobra Charm (4)  
Ice Blast (4)  
Repeating Fireball (4)  
Shock Treatment (4)  
Sonic Boom (4)  
Stunning Shout (4)  
Toughskin (4)  
Zen No Mind (4)  
Fireball (5)  
Psychokinetic Channelling (5)