

KUNG FU REQUIREMENTS FOR RANK

10th Lower Level (White Sash)

Stretch & Power Exercises

Section A Hand Strikes

Blocks:

Forearm Blocks

Pai Lum Blocks

Kicks:

Front Stomp Kick

Side Stomp Kick

Back Stomp Kick

Low Roundhouse Kick

Inside & Outside Crescent Kick

Forms:

Chinese Stance Exercise 1-9

9th Lower Level (White Sash)

Section B Hand Strikes

Introduction to Free Sparring

Kicks:

Front Snap Kick

Side Kick

Back Kick

Roundhouse Kick

Hook Kick

Spinning Back Kick

Spinning Inside & Outside Crescent Kick

Self Defenses:

Daily Dozen 1-8

1. Thunder & Earth

2. Yielding Fire

3. Bite of the Viper

4. Removing the Jewels A & B

5. Escaping Sparrow

6. Penetrating Earth

7. Dangerous Waters

8. Gentle Thunder

Forms:

Chinese Stance Exercise 10-20

Short Form of the Tiger

Weapons:

Bo Staff Basics

8th Lower Level (Yellow Sash)

Kick Punch Combinations

Breaking

Blocks:

Exchange Blocks

X-Blocks

Kicks:

Wheel Kick

Lotus Kick

Chinese Crescent Kick

Self-Defenses:

Daily Dozen 9-15

9. Hidden Spear

10. Snake & Ram

11. Twisting Bird

12. Cobra & Hawk

13. Tiger in the Cave

14. Arousing Mountain

15. Clinging Serpent

16. Pounding Jackal

17. Hidden Spear

Forms:

Movements of the Tiger

Twist of the Tiger

Weapons:

Bo Form

7th Lower Level (Yellow Sash)

Section C Hand Strikes

Free Sparring

Breaking

Kicks:

Iron Broom

Butterfly Kick

Forms:

Young Dragon

Tension Form

Elbow Sequence

Weapons:

Nunchaku Basics

6th Lower Level (Purple Sash)

Section D Hand Strikes

Free Sparring

Breaking

Kicks:

Spinning Top

Aerial Kicks

Forms:

Prance of the Panther

Dragon Plays with Seven Stars

Self Defenses:

Purple Sash 1-14:

1. Breaking the Collar

2. Bears Paw

3. Pythons Coil

4. Hammer & Nail

5. Taking & Giving

6. Falling off the Mountain

7. Snow & Heat

8. Arrows that Missed

9. Force & Harmony

10. Monkeys Fury

11. Moving River

12. Dagger in the Sleeves

13. Thrashing Wind

14. One With Nature

5th Lower Level (Purple Sash)

Section E Hand Strikes

Free Sparring

Breaking

Forms:

Short Forms of the Tiger for Self-Defense

Flowing Motion One

Flowing Motion Two

Weapons:

Nunchaku Form

4th Lower Level (Green Sash)

Section F Hand Strikes

Free Sparring

Breaking

Forms:

Chinese Soft Fist

Weapons:

Plum Flower Saber One

Self-Defenses:

Purple Sash 15-30

15. Dragons Tail

16. Hidden Key

17. Fire From the Dragon

18. Sword that Cuts Two Ways

19. Holding Back the River

20. Specter

21. Rage of the Crane

22. Twisting Adder

23. Emperor's Scepter

24. Fighting with the Wall

25. Immortal Man's Cowl

26. Pointing Priest

27. Purifying the Garment

28. Chinese Rocket

29. Refusing the Gift

30. Looking Front & Seeing Back

3rd Lower Level (Green Sash)

Free Sparring

Breaking

Forms:

Two Man Combat Form

Southern Shaolin

Weapons:

Plum Flower Saber Two

2nd Lower Level (Silver Sash)

Free Sparring without gear

Breaking

Forms:

Flowing Motion Three

Inwards Kung Fu

Weapons:

Spear Basics

1st Lower Level (Silver Sash)

Free Sparring without Gear

Breaking Concrete

Forms:

Outer Tiger

Crawling Snake

Weapons:

Spear Form

1st Higher Level (White Sash with White Fringe)

Free Sparring without Gear

Breaking Concrete

Forms:

Tiger & Crane

Weapons:

Double Plum Sword