

Northern & Southern Shaolin Style Curriculum

Kung Fu Academy of North Texas



Chamber 1: Orange

Seven Basic Stances
Walking Stances
Basic Techniques 1 – 10
Groin Kick
Front Kick
Turn Kick
Side Kick
(Stepping Side Kick & Rear Leg Side Kick)
Straight Punch
Step Matches 1 – 3



Chamber 2: Orange II

Lien Huan
Shi Ba Lohan Shou
Inside Crescent Kick
Outside Crescent Kick
Iron Palm Strike
Inside Chop
Outside Chop
Vertical Punch
Step Matches 4 – 6



Chamber 3: Yellow

Stance Forms 1 & 2
Back Kick
Low High Turn Kick
Hammer Fist
Forearm Strike
(Regular, Inside & Outside)
Hook Punch
Step Matches 7 – 9



Chamber 4: Yellow II

Stance Form 3
Staff Short Forms 1 – 2
Hook Kick
(Stepping Hook & Rear Leg Hook)
Knee Strikes
Kicking Combination 1
Uppercut Punch
Jab Punch
Step Matches 10 – 12



Chamber 5: Green

Lien Bu Chuan
“Continuous Stepping”
Staff Short Forms 3 – 4
Jumping Knee Strike
Jumping Front Kick
Stepping Back Kick
Kicking Combination 2
Back Fist Strike
Step Matches 13 – 15



Chamber 6: Green II

Stance Form 4
Staff Short Forms 5 – 6
Spinning Hook Kick
Spinning Crescent Kick
Kicking Combination 3
Dragon Palm Strike
Elbow Strike
Step Matches 16 – 18
Chin Na 1



Chamber 7: Purple

Gung Li Chuan
“Power Training”
Southern Long Staff
Tornado Kick
Chopping Back Fist
Ridge Hand Strike
Break Falls: Side Fall
Step Matches 19 – 21
Chin Na 2



Chamber 8: Purple II

Maifu Chuan
“Second Way of Ambush”
Crazy Devil Staff
Flying Back Kick
Drill Punch
Butterfly Palm Strike
Break Falls: Back Fall
Shuai Chiao 1
Chin Na 3



Chamber 9: Blue

Shaolin Short Staff Fighting Form
Nunchaku
Chen Chuan Chi Gung
Side Sweep
Rolls & Kicks
(Roll, Side Kick, Turn Kick, & Back Kick)
Tiger Claw Strikes
Shuai Chiao 2
Chin Na 4



Chamber 10: Blue II

San Tien Chuan
“Three Heavens Fist”
Broadsword
Jumping Back Kick
Front Sweep
Panther Fist Strikes
Phoenix Eye Fist
Shuai Chiao 3
Chin Na 5 & 6



Chamber 11: Red

Jing Lung Chuan
“Golden Dragon Fist”
Long Fist Spear
Jump Spinning Crescent
Crane Strikes
Board Breaks: 2 Hand & 2 Foot
Break Falls: Chest Fall
Shuai Chiao 4
Chin Na 7 & 8



Chamber 12: Red II

Hung Chuan
“Red Fist”
Straight Sword
Flying Kicks: Front & Side
Snake Strike
Dragon Fist Strike
Knife Defense 1 & 2
Partial Comprehensive
Chin Na 9 & 10