



Grade:	1	2	3	4
Belt/Sash:	White	Yellow	Green	Blue
Level Name:	Birth	Beginner	Intermediate	Senior
Stripes:	0	0	0	0
Title				
<b>Core</b>		Silk Reeling One Arm	Silk Reeling Two Arms	Taiji Symbol Reeling Fajin Fist & Palm
<b>Dragon</b>				
Yang Family	Swallows Tail	Yang 108 1/3 Square	Yang 108 2/3 Round	Yang 108 3/3 Fast
Chen Family				
Wudang Fists				Basic Fist
Wudang Taiji				
Hsingi (Optional)				
Baqua (Optional)				
<b>Tiger</b>				
Qin Na		2 Locks and Holds	2 Locks and Holds	2 Locks and Holds
Shuai Jiao				1 ShuaiJiao Technique
Applications				Yang 108 1/3 Applications
Hard Qi Gong				Stand Like Tree
<b>Weapon</b>				
Straight Sword			Chen Jian 49 1/3	Chen Jian 49 2/3
Broad Sword				Chen Dao 23 1/2
<b>Partner</b>				
Drills	Drill 1	Drill 2	Drill 3	Drill 4
Push Hands	Yang Horizontal	Yin, Peng, Arn	Lu, Change Hands x 2	Splitting
Leg Pushing			Fold Opponent	Pull opponent
Sparring			Wave hands Speed	Traditional Light Power
<b>Crane</b>				
Qigongs			Supple as Snake	8 Pieces
Meditations				
<b>Optionals</b>				
				



# 中國武術

Grade:	5	6	7
Belt/Sash:	Red	Red	Red
Level Name:	Advanced	Advanced	Advanced Senior
Stripes:	1	2	3
Title	Bang Shou	Zhu Shou	Zhu Jiao
<b>Core</b>	Taiji Symbol Partnered Fajin Elbow	Fajin Body	Fajin Leg
<b>Dragon</b>			
Yang Family	Yang 108 1/3 Reverse	Yang 108 2/3 Reverse	Yang 108 3/3 Reverse
Chen Family	Chen 56 1/4	Chen 56 2/4	Chen 56 3/4
Wudang Fists			
Wudang Taiji			
Hsingi (Optional)			
Baqua (Optional)			
<b>Tiger</b>			
Qin Na	2 Locks and Holds & Counters	2 Locks and Holds & Counters	2 Locks and Holds & Counters
Shuai Jiao	1 ShuaiJiao Technique	1 ShuaiJiao Technique	1 ShuaiJiao Technique
Applications	Yang 108 2/3 Applications	Yang 108 3/3 Applications	Cannon Fist A+B 1/4
Hard Qi Gong	Chinese Lash x 1	Chinese Lash x 2	Chinese Lash x 3
<b>Weapon</b>			
Straight Sword	Chen Jian 49 3/3		
Broad Sword	Chen Dao 23 2/2		
<b>Partner</b>			Small San Sau Light Power
Drills	Da Lu	Sticky Arms inward/ outward	Sticky Arms All Directions
Push Hands	Adding Legs	Adding Elbow & Body	Double Push Hands
Leg Pushing	Counters to Fold & Pull	Kicking and Pushing	Kicking Low and Pushing
Sparring	Traditional Medium Power	Traditional Medium Power	Traditional Medium Power
<b>Crane</b>			
Qigongs	Yang 108 1/3 Small Damo Qigong	Yang 108 2/3 Small	Yang 108 3/3 Small
Meditations	Taiji Meditations	Taiji Secrets Contemplation 1-4	Taiji Secrets Contemplation 5-6
<b>Optionals</b>			
	Saber	Saber	Saber
		Staff	Staff
			Spear
	Fan	Fan	Fan
	Wushu Jumps, Kicks & Bal	Wushu Jumps, Kicks & Bal	Wushu Jumps, Kicks & Bal
	Competitive Wushu Work	Competitive Wushu Work	Competitive Wushu Work



# 中國武術

Grade:	8	9	10
Belt/Sash:	Black	Black	Black
Level Name:	1 <sup>st</sup> Dan	2 <sup>nd</sup> Dan	3 <sup>rd</sup> Dan
Stripes:	1	2	3
Title	Lao Shi	Lao Shi	Lao Shi
<b>Core</b>			
<b>Dragon</b>			
Yang Family			
Chen Family	Chen 56 4/4		
Wudang Fists	Mysterious Fist	Tiger Fist	Dragon Fist
Wudang Taiji	Wudang 28		
Hsingi (Optional)			
Baqua (Optional)			
<b>Tiger</b>			
Cannon Fist A+B 2/4	Cannon Fist A+B 2/4	Cannon Fist A+B 3/4	Cannon Fist A+B 4/4
Qin Na	2 Locks and Holds & Counters	2 Locks and Holds & Counters	2 Locks and Holds & Counters
Shuai Jiao	1 ShuaiJiao Technique	1 ShuaiJiao Technique	1 ShuaiJiao Technique
Applications	Cannon Fist A+B 2/4	Cannon Fist A+B 3/4	Cannon Fist A+B 4/4
Hard Qi Gong	Chinese Lash x 10	Chinese Lash x 20	Chinese Lash x 30
<b>Weapon</b>			
Straight Sword	Sticky Sword	Jian Application Theory 1	Jian Application Theory 2
Broad Sword	Dao Application Theory 1	Dao Application Theory 2	
<b>Partner</b>			
Small San Sau Heavy Power	Small San Sau Heavy Power		
Drills	Sticky Arms Medium Power	Sticky Arms Full Power	Combine Sticky & Pushing
Push Hands	Double Hands Full Power		Combine Sticky & Pushing
Leg Pushing	4 Directions Kicking	Kicking Counters	Kicking Counters
Sparring	Heavy Power	Heavy Power	Light One handed defence
<b>Crane</b>			
Qigongs	Qigong Research	Qigong Research	
Meditations	Taiji Secrets Contemplation 7-9	Combat Secrets Contemplation 1-6	Meditation Research
<b>Optionals</b>			
Indoor Disciple Ceremony	Indoor Disciple Ceremony		
			
Competitive Wushu Work	Competitive Wushu Work	Competitive Wushu Work	Competitive Wushu Work



