



CURRICULUM

White Belt

Short Katas 1-10
Sparring techniques 1-10
Chin Na (Self defense) 1-10

Yellow Belt

Short Katas 1-15
Ippon Kumite (one-step fighting techniques) 1-9
Staff swings 1-4
Se Men Dao Lian (Four Doorways Connected)
Fei Hu Chu Tung (Flying Tiger Comes Out of the Cave)
Chin Na 1-20

Blue Belt

Short Katas 1-22
Sparring techniques 1-15
Street fighting techniques 1-10
Nunchucku swings 1-8
Chu Chi Gun Se (First Level Staff Form)
Tai Peng Sin Kun (Giant Bird Spreads its Wings)
Chin Na 1-25

Green Belt

Short Katas 1-30
Sparring techniques 1-20
Nunchucku swings 1-16
Luo Han Chuan (Fist of Luo Han)
Bei Huang Ch'i Kai Pang (Northern Beggar's Stick)
Chin Na 1-35



Third Degree Brown Belt - Only long forms are taught from this level on.

San He Chuan (Three Method Fist)

Je Qu Ba Huang Dao: (Night Battle Broadsword)

White Crane System:

Bai He Chuan Tsu (White Crane Circles its Wings)

Bai He Chan Tsu (White Crane Jabs its Wings)

Bai He Chuan Chiao (White Crane Circles its Legs)

Second Degree Brown Belt

Tei Qa Chuan (Sai Form)

Se Ba Guan (Four-Eight Staff)

Shaolin Bird System:

Luo Tien (Bird Descends from Heaven)

Qan Ie (Bird Spreads the Feathers)

Yin He (Performing Dove)

First Degree Brown Belt

Hai Lung Chang (Sea Dragon Cane)

Kwan Kung Dao (General Kwan's Sword)

Tiger and Two Sister System:

Ching Kang Fu Hu Chuan (Golden Mountain Nets the Tiger)

Qie Chuan (Connected Fists)

Lian Wu Chang (Five Directional Palm)

First Degree Black Belt

Open Hand

Hei Hu Dao Sen (Black Tiger Yanks the Heart)

Hei Hu Chuan Sen (Black Tiger Turns the Body)

Hei Hu Huan Sen (Black Tiger Flips the Body)

Hei Hu Shou Sang (Wounded Black Tiger)

Tang Lang Tsu Ju (Mantis Enters the Door)

Foong Wang Chei Han Chuan (Mad Crazy Drunk)

Weapon forms

Chiang Su Lian Se (Spear Fighting Techniques)

Mei Hua Chiang (Plum Flower Spear)

Luo Jia Chiang (Luo Family Spear)

Yang Jia Chiang (Yang Family Spear)

Yen Tse Tien Shia Dao (Swallow Swoops Down Dagger)

Se Mian Ba Huang Suang Dao (Double Broadsword)

Tian Ta Suang Hu Tou Huo (Double Tiger Hook Swords)

Chuei Kai (Stick of Drunken Beggar)

Chuei Dao (Drunken Broadsword)

Internal Forms

Tai Chi Chuan Short Form- Yang 24

Tai Chi Chuan Long Form- Yang 64

Pa Kua Chang (Classical)



I Chin Ching
Five Animals Live, Dead and Shian Tian Chi forms

Second Degree Black Belt

Open Hand

Shaolin Bai Yen Tang Lang Chuan (White Monkey Mantis Fist)
Pai Hou Pai Fu (White Monkey Prays to Buddha)
Hsing le Chuan San Sou (Hsing le two man set)
Iron Shin Training
Iron Hand Training
Hu He Suang Hsing (Tiger Crane)

Weapons

Tai Chi Jian (Tai Chi Straight Sword)
Se Mian Ba Huang Jian (Seven Star Sword)
Chi Sing Jian (Skewer the Sun Sword)
Chuan Yang Jian (Sword vs. Spear two man set)
Chuei Jian (Drunken Sword)
Tai Chi San (Tai Chi Fan)
Shaolin Dao Su (Shaolin Broadsword)

Internal Forms

Hsing le Chuan (Fist that Depends on the Will (Five Roads))
Hsing le Lian Huan Chuan (Linkage of the Five Roads)
Hsing Shi Ai Shing (Twelve Hsing le Animals)

Third Degree Black Belt

Open Hand

Ie Lu Hua Chuan (First Road of Hua Fist)
Ai Lu Hua Chuan (Second Road of Hua Fist)
San Lu Hua Chuan (Third Road of Hua Fist)
Se Lu Hua Chuan (Fourth Road of Hua Fist)
Hua Chuan (Modern Hua Fist)
Chia Chu Chang Chuan (Long Fist Group A (Eight Sets))
Tang Lang Chuan (Mantis Fist)
Hua Chien Tue Ti Ie Pu (Hua Fist 2 Man Set)

Weapons

Chi Bian (Seven-Section Whip Dragon King Dance)
San Chie Kun (Three-Section Staff)
Ai Chi Dao Su (Second Level Broadsword)
Pang Lung Pang (Entwine the Dragon Staff)

Internal

Tei Cha Chuan (Fist of Ultimate Mercy (Buddha Fist))