Bok Fu Do Motto Wisdom, Courage, Honesty, and Kindness

智

Zhi

Wisdom refers to the value of learning positively from your life experiences, even during difficult times.

勇

Yong

Courage refers to believing in yourself and facing your fears, whether they are real or imagined.



Cheng

Honesty refers to being more concerned with the truth than the way you would like things to be.



Ren

Kindness refers to sharing a helpful spirit with one another inside the school and out.



Dear Student,

Welcome to the International Bok Fu Do Association! Congratulations on taking the first steps on your journey to black belt in our system of Bok Fu Do. We are excited to have you as part of our organization, which has been an industry leader in martial arts instruction since 1967. This manual contains the required curriculum that you will be learning from yellow through green belts in Bok Fu Do

We have seen people since the beginning of our system that have progressed through the very material you are learning now, who not only became State and National Champions, but World Champions as well. The curriculum is tried and true and proven in all arenas, most importantly the arena of life. We have seen our young students improve their grades, demonstrate a greater level of respect for themselves, their parents and others, and project a newfound confidence based on their training. Our adults have found an increase in their energy levels, noticed a more positive attitude, and improved all aspects of their daily lives, from work to relationships to home life. These are just a few examples of the improvements you will notice as the benefits to the mind, body and spirit are truly endless.

In studying Bok Fu Do, you are on a journey to lifelong health in mind, body and spirit. Congratulations on beginning this process and we look forward to helping you grow and thrive for years to come.

Sincerely,

Senior Grandmaster Richard Lee – Chairman Grandmaster John Buckley – President Master Morgan Newman – Vice President

IBFDA Student Manual Rules and Formalities

School Rules

- 1. All Students are to observe all formalities.
- 2. All Students are to observe the dress code.
- 3. Spectators must observe from designated viewing area only.
- 4. No food or drinks beyond the reception area.
- 5. No smoking.
- 6. No gum chewing in lessons.
- 7. No shoes on the mat area.
- 8. No electronics in the mat area (phone, tablet, etc.).
- 9. No photography or video taping without permission.

Formalities

- 1. Bow when entering or leaving mat area.
- 2. Bow to all certified Black Belts and instructors.
- 3. Show proper respect to all instructors and other students at all times
- 4. Greet all upper belts with a formal handshake.
- 5. Bow when first entering and last leaving the school each day.

IBFDA Student Manual Rules and Formalities

Dress Code

- 1. Students must be dressed in the following attire: kung fu pants, school T-shirt, and belt. (Absolutely no shorts or tank tops.)
- 2. No loose or excessive jewelry (watches, bracelets etc.) is allowed while training.
- 3. Pants and shirts must be washed after each use.

White-Yellow Belt Requirements

Date

Instructor

√ 1st Stripe Requirement

Application Technique #1
Application of ALL material

Test: 4th Stripe Instructor Signature:

•	1 Stripe Requirement	Date	moti actor	
	Stances & Blocks			
	Front Grab			
	Application of 1 st stripe material			
Test	t: 1 st Stripe	Date:		
Inst	tructor Signature:			
	and a contract to	.	•	
1/	2 nd Stripe Requirement	Date	Instructor	+
	Striking Asp AB			
	Application of 2 nd stripe material			
Test	t: 2 nd Stripe	Date:		
	tructor Signature:			
V	3 rd Stripe Requirement	Date	Instructor	+
	Crash of the Eagle AB			
	Kick Requirement			
	Application of 3 rd stripe material			
Tesi	t: 2 nd Stripe	Date:		
	•			
	tructor Signature:			
	•			
V	•	Date	Instructor	+
V	tructor Signature:	Date	Instructor	+
V	tructor Signature: 4th Stripe Requirement	Date	Instructor	+

Date:

White-Yellow Belt Requirements

	Order of all Required Material		Additional Curriculum
	Techniques		Stances
1	Front Grab	1	Square Horse
2	Striking Asp AB	2	Fighting (aka Side Horse, Heel/Toe)
3	Crash of the Eagle ABCD	3	Cat
4	Application Technique #1	4	Twist Step (aka Instep Stance)
	Kicks		Hand Positions
1	Forward Snap	1	Punch
2	Rear	2	Sword Hand (Chop Hand)
3	Double	3	Back Knuckle
		4	Tiger's Claw
	Sets	5	Falcon's Talon
1	Blocking Set 1 (R/L side)	6	Spider's Flick
		7	Half Fist
	Blocks	8	Middle Knuckle Fist
1	Inward		
2	Outward		Foot Positions
3	Upward	1	Ball of the foot
4	Downward	2	Heel of the foot
5	Reverse Hand		
6	Kick Block		Strikes
		1	Hammer Fist
		2	Elbow Smash
		3	Elbow Snap
		4	Elbow Rising
		5	Elbow Pin
		6	Double Axe Handle
Not	es:		

Yellow Belt Requirements

_√	1 st Stripe Requirement	Date	Instructor	+
	Stances			
	Kimono Grab			
	Application of 1 st stripe material			

Test: 1st Stripe

Date:

Instructor Signature:

	V	2 nd Stripe Requirement	Date	Instructor	+
Ī		Full Nelson AB			
Ī		Application of 2 nd stripe material			

Date:

Test: 2nd Stripe Instructor Signature:

	V	3 rd Stripe Requirement	Date	Instructor	+
Ī		Locking Arm AB			
Ī		Kick Requirement			
Ī		Application of 3 rd stripe material			

Test: 3rd Stripe

Date:

Instructor Signature:

V	4 th Stripe Requirement	Date	Instructor	+
	Striking Set 1 (R/L side)			
	Application Technique #1			
	Application of ALL material			

Test: 4th Stripe

Date:

Instructor Signature:

Yellow Belt Requirements

	Order of all Required Material		Additional Curriculum
	Techniques		Stances
1	Kimono Grab	1	Hard Bow
2	Full Nelson AB	2	Crane
3	Locking Arm AB		
4	Application Technique #1		Hand Positions
		1	Heel Hand
	Kicks		
1	Knife Edge		Foot Positions
2	Triple	1	Blade of the foot
3	Roundhouse		
			Strikes
	Sets	1	Elbow Smash (Rear)
1	Striking Set 1 (R/L side)	2	Forward Knee
Note	es:		

Yellow-Orange Belt Requirements

Date

Instructor

1st Stripe Requirement

Blocking Set 2 (R/L side)
Application Technique #2
Application of ALL material

Test: 4th Stripe

Instructor Signature:

Stances & Blocks

Dancer

	Headlock AB			
	Application of 1 st stripe material			
	t: 1 st Stripe tructor Signature:	Date:		
V	2 nd Stripe Requirement	Date	Instructor	+
	Bear Hug Free AB			
	Application of 2 nd stripe material			
	t: 2 nd Stripe tructor Signature:	Date:		
Inst	tructor Signature:	Date:	Instructor	+
Inst	•		Instructor	+
Inst	tructor Signature: 3 rd Stripe Requirement		Instructor	+
Inst	3 rd Stripe Requirement Bear Hug Pinned AB		Instructor	+

Date:

Yellow-Orange Belt Requirements

	Order of all Required Material		Additional Curriculum
	Techniques		Blocks
1	Dancer	1	Knee Block
2	Headlock AB		
3	Bear Hug Free AB		Stances
4	Bear Hug Pinned AB	1	Hidden Foot (aka Cross Stance)
5	Application Technique #2	2	Side Cross Step (Front or behind)
	Kicks		Hand Positions
1	Crescent	1	Side Fist
2	Wheel	2	Chinese Wrist Lock
		3	Thumb
	Sets		
1	Blocking Set 2 (R/L side)		Foot Positions
		1	Inside Heel
			Strikes
		1	Elbow Punch (Rear)
		2	Double Hammer Fist
		3	Knee Thrust
		4	Knee Smash
		5	Double Middle Knuckle
		6	Double Thumb Strike
		7	Double Hammer Fist
Note	2S:		
ļ			

Orange Belt Requirements

√	1 st Stripe Requirement	Date	Instructor	+
	Inward Defense			
	Outward Defense			
	Application of 1 st stripe material			

Test: 1st Stripe Instructor Signature:

Date:

V	2 nd Stripe Requirement	Date	Instructor	+
	Grasping Talon AB			
	Kata 1			
	Application of 2 nd stripe material			

Date:

Test: 2nd Stripe Instructor Signature:

 3 rd Stripe Requirement	Date	Instructor	+
Crossing Talon			
Kick Requirement			
Application of 3 rd stripe material			

Test: 3rd Stripe

Date:

Instructor Signature:

_ √	4 th Stripe Requirement	Date	Instructor	+
	Cub AB			
	Striking Set 2 (R/L side)			
	Application Technique #2			
	Application of ALL material			

Test: 4th Stripe Instructor Signature:

Date:

Orange Belt Requirements

	Order of all Required Material		Additional Curriculum
	Techniques		Blocks/Escapes
1	Inward Defense	1	Counter Grab
2	Outward Defense	2	Against the Thumb
3	Grasping Talon AB		
4	Crossing Talon		Hand Positions
5	Cub AB	1	Over Twisting Punch
6	Application Technique #2	2	Rigid Claw
	Kicks		Strikes
1	Crescent to Rear	1	Elbow Drop
2	Crescent to Knife Edge	2	Elbow Rake
3	Forward Snap to Wheel		
	Forms		
1	Kata 1		
	Sets		
1	Striking Set 2 (R/L side)		
Note	25:		

Advanced Orange Belt Requirements

 1 st Stripe Requirement	Date	Instructor	+
Stances and Blocks			
Eagle Pin AB			
Drawbridge AB			
Application of 1 st stripe material			

Test: 1st Stripe Instructor Signature:

Date:

V	2 nd Stripe Requirement	Date	Instructor	+
	Flashing Wings			
	Handstaff ABC			
	Kata 2			
	Application of 2 nd stripe material			

Test: 2nd Stripe

Date:

Instructor Signature:

 3 rd Stripe Requirement	Date	Instructor	+
Opening Cowl AB			
Kung Fu Cross AB			
Kick Requirement			
Application of 3 rd stripe material			

Test: 3rd Stripe Instructor Signature:

Date:

_ √	4 th Stripe Requirement	Date	Instructor	+
	Snapping Twig			
	Block to Counter Set AB (R/L side)			
	Application Technique #3 AB			
	Application of ALL material			

Test: 4th Stripe

Date:

Instructor Signature:

Advanced Orange Belt Requirements

	Order of all Required Material		Additional Curriculum
	Techniques		Blocks/Block Combinations
1	Eagle Pin AB	1	Outward Extended
2	Drawbridge AB	2	Fork Extended
3	Flashing Wings	3	Soft Hand
4	Handstaff ABC	4	Outward Parry
5	Opening Cowl AB	5	Wheel Kick Block
6	Kung Fu Cross AB	6	Inward to Outward Extended
7	Snapping Twig	7	Outward Extended to Grab
8	Application Technique #3 AB	8	Double Outward Extended
	Kicks		Stances
1	Double Block Wheel	1	Broken Bow
2	Snap Wheel	2	Rear Cross Step
3	Triple Front		
4	Forward Snap to Snap Wheel		Hand Positions
5	Rear to Forward Snap to Wheel	1	Hidden Hand
	•	2	U Hand
	Forms	3	Sticky Hand
1	Kata 2	4	Chicken Wrist
	Sets		Strikes
1	Block to Counter Set AB (R/L side)	1	Knee Drop
		2	Elbow Cut
		3	Elbow Sweep
		4	Bicep Break
		5	Whipping Hammer Fist
		6	Upper Cut Punch
		7	Heavy Hand
Not	es:		
-			

Purple Belt Requirements

 1 st Stripe Requirement	Date	Instructor	+
Stances and Blocks			
Dart AB			
Wing Break			
Application of 1 st stripe material			

Test: 1st Stripe Instructor Signature:

Date:

V	2 nd Stripe Requirement	Date	Instructor	+
	Circle of China			
	Prayer of Death			
	Primary Fist			
	Application of 2 nd stripe material			

Test: 2nd Stripe

Date:

Instructor Signature:

V	3 rd Stripe Requirement	Date	Instructor	+
	Dance of Death			
	Slashing Wings			
	Kick Requirement			
	Application of 3 rd stripe material			

Test: 3rd Stripe Instructor Signature:

Date:

_ √	4 th Stripe Requirement	Date	Instructor	+
	Crashing Elbows			
	Block to Counter Set CD (R/L side)			
	Application Technique #4 AB			
	Application of ALL material			

Test: 4th Stripe Instructor Signature:

Date:

Purple Belt Requirements

	Order of all Required Material		Additional Curriculum
	Techniques		Blocks
1	Dart AB	1	Sticky Hand
2	Wing Break	2	Web Hand
3	Circle of China	3	Outward Extended Palm
4	Prayer of Death	4	Downward Palm
5	Dance of Death		
6	Slashing Wings		Stances
7	Crashing Elbows	1	Half Horse (Sixty/Forty)
8	Application Technique #4 AB	2	Seventy/Thirty
	Kicks		Strikes
1	Rear Thrust	1	Finger Dart
2	Speed Thrust	2	Double Heel Hand
3	Front Leg Wheel	3	Raking Back Knuckle
4	Front Leg Wheel to Speed Thrust	4	Fore Knuckle
5	Forward Snap to Rear Thrust	5	Back Sweep
		6	Chin Na (Little Wrap)
	Forms	7	Heel Stomp
1	Primary Fist	8	Forward Palm Chop
		9	Reverse Back Knuckle
	Sets	10	Spear hand
1	Block to Counter Set CD (R/L side)		
Not	es:		

Advanced Purple Belt Requirements

_ √	1 st Stripe Requirement	Date	Instructor	+
	Stances and Blocks			
	Rising Knee			
	Crashing Anvil			
	Application of 1 st stripe material			

Test: 1st Stripe Instructor Signature: Date:

V	2 nd Stripe Requirement	Date	Instructor	+
	Three Hands of China			
	Plucking the Bird from the Sky			
	Kata 3			
	Application of 2 nd stripe material			

Test: 2nd Stripe

Date:

Instructor Signature:

V	3 rd Stripe Requirement	Date	Instructor	+
	Advancing Daggers			
	Flash of Silver AB			
	Kick Requirement			
	Application of 3 rd stripe material			

Test: 3rd Stripe Instructor Signature:

Date:

1	4 th Stripe Requirement	Date	Instructor	+
	Thundering Hammers			
	Staff Set 1 (Kata 7)			
	Application Technique #5 AB			
	Application of ALL material			

Test: 4th Stripe

Date:

Instructor Signature:

Advanced Purple Belt Requirements

	Order of all Required Material		Additional Curriculum
	Techniques		Blocks, Block/Strike
1	Rising Knee		Combination
2	Crashing Anvil	1	Soft Hand/Chicken Wrist Parry
3	Three Hands of China	2	Crescent Foot
4	Plucking the Bird from the Sky	3	Outward Block/Full Twisting
5	Advancing Daggers	,	Punch
6	Flash of Silver AB		
7	Thundering Hammers		Stances
8	Application Technique #5 AB	1	Soft Bow Stance
		2	Crouching Stance (80/20)
	Kicks		
1	Shuffle Front Wheel		Strikes
2	Crossover Thrust	1	Reverse Punch
3	Shuffle Front Thrust	2	Middle Knuckle Raking Punch
4	Walking Rear	4	Thumb and Finger Eye Gouge
5	Spinning Rear	5	Thumb Knuckle
6	Front Leg Wheel to Spinning Rear	6	Whipping Snap Back Knuckle
7	Shuffle Front Wheel to Walking Rear		
8	Scoop to Heel Stomp		
	Forms		
1	Kata 3		
2	Staff Set 1 (Kata 7)		
Not	es:		

Blue Belt Requirements

 1 st Stripe Requirement	Date	Instructor	+
Stances and Blocks			
Clawing Panther			
Leap of Death			
Application of 1 st stripe material			

Test: 1st Stripe Instructor Signature:

Date:

 2 nd Stripe Requirement	Date	Instructor	+
Knee Sweep			
Crouching Falcon			
Kata 4			
Application of 2 nd stripe material			

Test: 2nd Stripe

Date:

Instructor Signature:

V	3 rd Stripe Requirement	Date	Instructor	+
	Five Swords AB			
	18 Point Staff			
	Kick Requirement			
	Application of 3 rd stripe material			

Test: 3rd Stripe Instructor Signature:

Date:

√	4 th Stripe Requirement	Date	Instructor	+
	Darkness			
	Primary Fist 2-Man Set			
	Application Technique #6 AB			
	Application of ALL material			

Test: 4th Stripe Instructor Signature:

Date:

Blue Belt Requirements

	Order of all Required Material		Additional Curriculum
	Techniques		Blocks, Block/Strike
1	Clawing Panther		Combinations
2	Leap of Death	1	Soft Hand/Outward Parry
3	Knee Sweep	2	Outward Parry to Grab
4	Crouching Falcon		Wedge Arms to Spider's Flick to
5	Five Swords AB	3	Thumb Gouge
6	Darkness	,	Upward Block/Reverse Hammer
7	Application Technique #6 AB	4	Fist
		5	Downward Sweeping Forearm
	Kicks	6	Double Knife Hand Block
1	Power Thrust	7	Inward Raking
2	Jumping Forward Snap		
3	Jumping Knife Edge		Stances
4	Jumping Rear	1	Lunging Bow
5	Heel Stomp		
6	Power Thrust to Shuffle Front Thrust		Strikes
7	Jumping Forward Snap to Walking	1	Ridge Hand
/	Rear	2	Kick Back Sweep
8	Power Thrust to Spinning Rear to	3	Knife Edge Stomp
0	Jumping Rear	4	Heel Hand Rake
		5	Jumping Double Heel Stomps
	Forms	6	Neck Break
1	Kata 4	7	Two Finger Eye Pluck
2	18 Point Staff	8	Knee Sweep
3	Primary Fist 2-Man Set	9	Reverse Hammer Fist
		10	Forearm Smash
		11	Spider's Flick to Thumb Gouge
		12	Slicing Chop
		13	Rising Heel Smash
		14	Forward Snap Kick/Punch
Not	es:	1 1	1 of ward bridge Krick/1 drien

Green Belt Requirements

V	1st Stripe Requirement	Date	Instructor	+
	Stances and Blocks			
	Phoenix			
	Side Handstaff			
	Locking Gate			
	Kata 5			
	Application of 1 st stripe material			

Test: 1st Stripe Instructor Signature: Date:

 2 nd Stripe Requirement	Date	Instructor	+
Driving Javelin			
Brushing Lances			
Plunging Darkness			
Kata 6			
Application of 2 nd stripe material		_	

Test: 2nd Stripe Date:

Instructor Signature:

 3 rd Stripe Requirement	Date	Instructor	+
Slashing Blade			
Midas Head			
Striking Mace			
Coiling Dragon Whip			
Kick Requirement			
Application of 3 rd stripe material			

Test: 3rd Stripe Date:

Instructor Signature:

V	4 th Stripe Requirement	Date	Instructor	+
	Broken Staff			
	Advancing Cobra			
	Offensive Warrior			
	18 Point Staff 2-Man Set			
	Application Technique #7 AB			
	Application of ALL material			

Test: 4th Stripe Date:

Instructor Signature:

Green Belt Requirements

	Order of all Required Material		Additional Curriculum	
	Tachniques		Pleaks Pleak/Strike Combinations	
1	Techniques Phoenix	1	Blocks, Block/Strike Combinations Soft Hand/Forward Snap Kick	
$\frac{1}{2}$	Side Handstaff	2	Downward Forearm Block	
3	Locking Gate	3	Downward Parry	
4	Driving Javelin	4	Chicken Wrist Parry	
5	Brushing Lances	5	Double Cross Hand Trap	
	·	1	•	
6	Plunging Darkness Slashing Blade	7	Twin Sticky Web Hand	
7	Midas Head	/	Figure Four Wrap	
8			\$4	
9	Striking Mace	1	Stances	
10	Broken Staff	1	Reverse Bow	
11	Advancing Cobra		Ct. T	
12	Offensive Warrior	1	Strikes	
13	Application Technique #7 AB	1	Whipping Back Knuckle	
	TZ* 1	2	U Punches	
	Kicks	3	Shin Rake to Foot Stomp	
1	Advanced Crescent	4	Double Knife Hand Chop	
2	Hopping Crescent	5	Rising Heel Kick	
3	Reverse Crescent	6	Twin Thumb Knuckle Strike	
4	Rear Double Crescent	7	Heel Hand/Hammer Fist	
5	Chicken			
6	Chicken Wheel			
7	Slicing			
8	Jumping Double			
9	Walking Rear Thrust			
10	Scoop			
11	Advanced to Reverse Crescent			
12	Adv. to Rear Double Crescent			
	Forms			
1	Kata 5			
2	Kata 6			
3	Coiling Dragon Whip			
4	18 Point Staff 2-Man Set			
Note	2S:			

Notes

Notes

Teacher's Comments

Rank Promotions

White-Yellow Belt	Yellow Belt
Date:	Date:
Instructor Signature:	Instructor Signature:
Yellow-Orange Belt	Orange Belt
Instructor Signature:	Instructor Signature:
Advanced (Orange Belt
Date:	
Instructor Signature:	
Purpl	e Belt
Date:	
Instructor Signature:	
Advanced 1	Purple Belt
Date:	
Instructor Signature:	
Blue	Belt
Date:	
Instructor Signature:	
Greei	n Belt
Date:	
Instructor Signature:	

(back cover image)