

国際白虎道協會

#### STUDENT MANUAL

BELT REQUIREMENTS (YELLOW - GREEN)

| STUDENT NAME: |  |
|---------------|--|
|               |  |

VATE STARTED:

#### 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.

#### **Yellow Belt Requirements**

| <br>1st Stripe Requirement                     | Date | Instructor | + |
|--|------|------------|---|
| Stances & Blocks                               |      |            |   |
| Kimono Grab                                    |      |            |   |
| Striking Asp AB                                |      |            |   |
| Application of 1 <sup>st</sup> stripe material |      |            |   |

Test: 1<sup>st</sup> Stripe Instructor Signature:

Date:

|   | V | 2 <sup>nd</sup> Stripe Requirement             | Date | Instructor | + |
|---|---|--|------|------------|---|
| Γ |   | Crash of the Eagle ABCD                        |      |            |   |
| Ī |   | Blocking Set 1 (R/L side)                      |      |            |   |
| Γ |   | Application of 2 <sup>nd</sup> stripe material |      |            |   |

Test: 2<sup>nd</sup> Stripe

Date:

Instructor Signature:

| V | 3 <sup>rd</sup> Stripe Requirement             | Date | Instructor | + |
|---|--|------|------------|---|
|   | Full Nelson AB                                 |      |            |   |
|   | Kick Requirement                               |      |            |   |
|   | Application of 3 <sup>rd</sup> stripe material |      |            |   |

Test: 3<sup>rd</sup> Stripe Instructor Signature:

Date:

| <br>4 <sup>th</sup> Stripe Requirement | Date | Instructor | + |
|--|------|------------|---|
| Locking Arm AB                         |      |            |   |
| Striking Set 1 (R/L side)              |      |            |   |
| Application Technique #1               |      |            |   |
| Application of ALL material            |      |            |   |

Test: 4<sup>th</sup> Stripe Instructor Signature:

Date:

#### **Yellow Belt Requirements**

|      | Order of all Required Material        |     | Additional Curriculum               |
|------|---------------------------------------|-----|-------------------------------------|
|      |                                       |     |                                     |
|      | Techniques                            | + - | Stances                             |
| 1    | Kimono Grab                           | 1   | Square Horse                        |
| 2    | Striking Asp AB                       | 2   | Fighting (aka Side Horse, Heel/Toe) |
| 3    | Crash of the Eagle ABCD               | 3   | Cat                                 |
| 4    | Full Nelson AB                        | 4   | Crane                               |
| 5    | Locking Arm AB                        | 5   | Hard Bow                            |
| 6    | Application Technique #1              | 6   | Twist Step (aka Instep Stance)      |
|      | Kicks                                 |     | Hand Positions                      |
| 1    | Forward Snap                          | 1   | Punch                               |
| 2    | Rear                                  | 2   | Sword Hand (Chop Hand)              |
| 3    | Double                                | 3   | Hammer Fist                         |
| 4    | Knife Edge                            | 4   | Back Knuckle                        |
| 5    | Triple                                | 5   | Tiger's Claw                        |
| 6    | Roundhouse                            | 6   | Falcon's Talon                      |
|      |                                       | 7   | Spider's Flick                      |
|      | Sets                                  | 8   | Half Fist                           |
| 1    | Blocking Set 1 (R/L side)             | 9   | Middle Knuckle Fist                 |
| 2    | Striking Set 1 (R/L side)             | 10  | Heel Hand                           |
|      | DI I                                  |     | E ( P ://                           |
|      | Blocks                                | +-  | Foot Positions                      |
| 1    | Inward                                | 1   | Ball of the foot                    |
| 2    | Outward                               | 2   | Heel of the foot                    |
| 3    | Upward                                | 3   | Blade of the foot                   |
| 4    | Downward                              |     | la. n                               |
| 5    | Reverse Hand                          | 1   | Strikes                             |
| 6    | Kick Block                            | 1   | Elbow Smash                         |
|      |                                       | 2   | Elbow Snap                          |
|      |                                       | 3   | Elbow Rising                        |
|      |                                       | 4   | Elbow Pin                           |
|      |                                       | 5   | Elbow Smash (Rear)                  |
|      |                                       | 6   | Forward Knee                        |
|      |                                       | 7   | Double Axe Handle                   |
|      |                                       |     |                                     |
|      |                                       |     |                                     |
| Note | · · · · · · · · · · · · · · · · · · · |     |                                     |
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|      |                                       |     |                                     |

#### **Orange Belt Requirements**

| <br>1st Stripe Requirement                     | Date | Instructor | + |
|--|------|------------|---|
| Stances & Blocks                               |      |            |   |
| Dancer   |      |            |   |
| Headlock AB                                    |      |            |   |
| Application of 1 <sup>st</sup> stripe material |      |            |   |
|  |      |            |   |

Test: 1<sup>st</sup> Stripe Instructor Signature:

Date:

| _ √ | 2 <sup>nd</sup> Stripe Requirement             | Date | Instructor | + |
|-----|--|------|------------|---|
|     | Bear Hug Free AB                               |      |            |   |
|     | Bear Hug Pinned AB                             |      |            |   |
|     | Blocking Set 2 (R/L side)                      |      |            |   |
|     | Kata 1   |      |            |   |
|     | Application of 2 <sup>nd</sup> stripe material |      |            |   |

Test: 2<sup>nd</sup> Stripe

Date:

Instructor Signature:

| V | 3 <sup>rd</sup> Stripe Requirement             | Date | Instructor | + |
|---|--|------|------------|---|
|   | Inward Defense                                 |      |            |   |
|   | Outward Defense                                |      |            |   |
|   | Grasping Talon AB                              |      |            |   |
|   | Kick Requirement                               |      |            |   |
|   | Application of 3 <sup>rd</sup> stripe material |      |            |   |

Test: 3<sup>rd</sup> Stripe

Date:

Instructor Signature:

| <br>4 <sup>th</sup> Stripe Requirement | Date | Instructor | + |
|--|------|------------|---|
| Crossing Talon                         |      |            |   |
| Cub AB                                 |      |            |   |
| Striking Set 2 (R/L side)              |      |            |   |
| Application Technique #2               |      |            |   |
| Application of ALL material            |      |            |   |

Test: 4<sup>th</sup> Stripe Instructor Signature:

Date:

#### **Orange Belt Requirements**

|           | Order of all Required Material |     | Additional Curriculum             |
|-----------|--------------------------------|-----|-----------------------------------|
|           | <b>T</b> 1 :                   |     | DI 1 75                           |
|           | Techniques                     | + - | Blocks/Escapes                    |
| 1         | Dancer                         | 1   | Knee Block                        |
| 2         | Headlock AB                    | 2   | Counter Grab                      |
| 3         | Bear Hug Free AB               | 3   | Against the Thumb                 |
| 4         | Bear Hug Pinned AB             |     |                                   |
| 5         | Inward Defense                 |     | Stances                           |
| 6         | Outward Defense                | 1   | Hidden Foot (aka Cross Stance)    |
| 7         | Grasping Talon AB              | 2   | Side Cross Step (Front or behind) |
| 8         | Crossing Talon                 |     |                                   |
| 9         | Cub AB                         |     | Hand Positions                    |
| <i>10</i> | Application Technique #2       | 1   | Side Fist                         |
|           |                                | 2   | Over Twisting Punch               |
|           | Kicks                          | 3   | Rigid Claw                        |
| 1         | Crescent                       | 4   | Chinese Wrist Lock                |
| 2         | Crescent to Rear               | 5   | Thumb                             |
| 3         | Crescent to Knife Edge         |     |                                   |
| 4         | Wheel                          |     | Foot Positions                    |
| 5         | Forward Snap to Wheel          | 1   | Inside Heel                       |
|           |                                |     |                                   |
|           | Forms                          |     | Strikes                           |
| 1         | Kata 1                         | 1   | Elbow Drop                        |
|           |                                | 2   | Elbow Punch (Rear)                |
|           | Sets                           | 3   | Elbow Rake                        |
| 1         | Blocking Set 2 (R/L side)      | 4   | Double Hammer Fist                |
| 2         | Striking Set 2 (R/L side)      | 5   | Knee Thrust                       |
|           | 8.000                          | 6   | Knee Smash                        |
|           |                                | 7   | Double Middle Knuckle             |
|           |                                | 8   | Double Thumb Strike               |
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#### **Advanced Orange Belt Requirements**

| _1⁄ | 1 <sup>st</sup> Stripe Requirement             | Date | Instructor | + |
|-----|--|------|------------|---|
|     | Stances and Blocks                             |      |            |   |
|     | Eagle Pin AB                                   |      |            |   |
|     | Drawbridge AB                                  |      |            |   |
|     | Application of 1 <sup>st</sup> stripe material |      |            |   |

Test: 1<sup>st</sup> Stripe Instructor Signature:

Date:

| V | 2 <sup>nd</sup> Stripe Requirement             | Date | Instructor | + |
|---|--|------|------------|---|
|   | Flashing Wings                                 |      |            |   |
|   | Handstaff ABC                                  |      |            |   |
|   | Kata 2   |      |            |   |
|   | Application of 2 <sup>nd</sup> stripe material |      |            |   |

Test: 2<sup>nd</sup> Stripe

Date:

Instructor Signature:

| <br>3 <sup>rd</sup> Stripe Requirement         | Date | Instructor | + |
|--|------|------------|---|
| Opening Cowl AB                                |      |            |   |
| Kung Fu Cross AB                               |      |            |   |
| Kick Requirement                               |      |            |   |
| Application of 3 <sup>rd</sup> stripe material |      |            |   |

Test: 3<sup>rd</sup> Stripe Instructor Signature:

Date:

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

Test: 4<sup>th</sup> 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:                                |   |                            |
|     |                                    |   |                            |
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|     |                                    |   |                            |
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#### **Purple Belt Requirements**

| <br>1 <sup>st</sup> Stripe Requirement         | Date | Instructor | + |
|--|------|------------|---|
| Stances and Blocks                             |      |            |   |
| Dart AB  |      |            |   |
| Wing Break                                     |      |            |   |
| Application of 1 <sup>st</sup> stripe material |      |            |   |

Test: 1<sup>st</sup> Stripe Instructor Signature:

Date:

| V | 2 <sup>nd</sup> Stripe Requirement             | Date | Instructor | + |
|---|--|------|------------|---|
|   | Circle of China                                |      |            |   |
|   | Prayer of Death                                |      |            |   |
|   | Primary Fist                                   |      |            |   |
|   | Application of 2 <sup>nd</sup> stripe material |      |            |   |

Test: 2<sup>nd</sup> Stripe

Date:

Instructor Signature:

| V | 3 <sup>rd</sup> Stripe Requirement             | Date | Instructor | + |
|---|--|------|------------|---|
|   | Dance of Death                                 |      |            |   |
|   | Slashing Wings                                 |      |            |   |
|   | Kick Requirement                               |      |            |   |
|   | Application of 3 <sup>rd</sup> stripe material |      |            |   |

Test: 3<sup>rd</sup> Stripe Instructor Signature:

Date:

| V | 4 <sup>th</sup> Stripe Requirement | Date | Instructor | + |
|---|------------------------------------|------|------------|---|
|   | Crashing Elbows                    |      |            |   |
|   | Block to Counter Set CD (R/L side) |      |            |   |
|   | Application Technique #4 AB        |      |            |   |
|   | Application of ALL material        |      |            |   |

Test: 4<sup>th</sup> Stripe Instructor Signature:

Date:

#### **Purple Belt Requirements**

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#### **Advanced Purple Belt Requirements**

| V | 1st Stripe Requirement                         | Date | Instructor | + |
|---|--|------|------------|---|
|   | Stances and Blocks                             |      |            |   |
|   | Rising Knee                                    |      |            |   |
|   | Crashing Anvil                                 |      |            |   |
|   | Application of 1 <sup>st</sup> stripe material |      |            |   |
|   |  |      |            |   |

Test: 1<sup>st</sup> Stripe Instructor Signature: Date:

| V | 2 <sup>nd</sup> Stripe Requirement             | Date | Instructor | + |
|---|--|------|------------|---|
|   | Three Hands of China                           |      |            |   |
|   | Plucking the Bird from the Sky                 |      |            |   |
|   | Kata 3   |      |            |   |
|   | Application of 2 <sup>nd</sup> stripe material |      |            |   |

Test: 2<sup>nd</sup> Stripe

Date:

Instructor Signature:

| V | 3 <sup>rd</sup> Stripe Requirement             | Date | Instructor | + |
|---|--|------|------------|---|
|   | Advancing Daggers                              |      |            |   |
|   | Flash of Silver AB                             |      |            |   |
|   | Kick Requirement                               |      |            |   |
|   | Application of 3 <sup>rd</sup> stripe material |      |            |   |

Test: 3<sup>rd</sup> Stripe Instructor Signature:

Date:

| V | 4 <sup>th</sup> Stripe Requirement | Date | Instructor | + |
|---|------------------------------------|------|------------|---|
|   | Thundering Hammers                 |      |            |   |
|   | Staff Set 1 (Kata 7)               |      |            |   |
|   | Application Technique #5 AB        |      |            |   |
|   | Application of ALL material        |      |            |   |

Test: 4<sup>th</sup> 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:                                 |   |                               |
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#### **Blue Belt Requirements**

| <br>1st Stripe Requirement                     | Date | Instructor | + |
|--|------|------------|---|
| Stances and Blocks                             |      |            |   |
| Clawing Panther                                |      |            |   |
| Leap of Death                                  |      |            |   |
| Application of 1 <sup>st</sup> stripe material |      |            |   |
|  |      |            |   |

Test: 1<sup>st</sup> Stripe Instructor Signature:

Date:

| V | 2 <sup>nd</sup> Stripe Requirement             | Date | Instructor | + |
|---|--|------|------------|---|
|   | Knee Sweep                                     |      |            |   |
|   | Crouching Falcon                               |      |            |   |
|   | Kata 4   |      |            |   |
|   | Application of 2 <sup>nd</sup> stripe material |      |            |   |

Test: 2<sup>nd</sup> Stripe

Date:

Instructor Signature:

| V | 3 <sup>rd</sup> Stripe Requirement             | Date | Instructor | + |
|---|--|------|------------|---|
|   | Five Swords AB                                 |      |            |   |
|   | 18 Point Staff                                 |      |            |   |
|   | Kick Requirement                               |      |            |   |
|   | Application of 3 <sup>rd</sup> stripe material |      |            |   |

Test: 3<sup>rd</sup> Stripe Instructor Signature:

Date:

| V | 4 <sup>th</sup> Stripe Requirement | Date | Instructor | + |
|---|------------------------------------|------|------------|---|
|   | Darkness                           |      |            |   |
|   | Primary Fist 2-Man Set             |      |            |   |
|   | Application Technique #6 AB        |      |            |   |
|   | Application of ALL material        |      |            |   |

Test: 4<sup>th</sup> 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                |
| o   | 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:                                  |    |                                 |
|     |                                      |    |                                 |
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#### **Green Belt Requirements**

| V | 1st Stripe Requirement                         | Date | Instructor | + |
|---|--|------|------------|---|
|   | Stances and Blocks                             |      |            |   |
|   | Phoenix  |      |            |   |
|   | Side Handstaff                                 |      |            |   |
|   | Locking Gate                                   |      |            |   |
|   | Kata 5   |      |            |   |
|   | Application of 1 <sup>st</sup> stripe material |      |            |   |

Test: 1<sup>st</sup> Stripe Instructor Signature: Date:

| _1/ | 2 <sup>nd</sup> Stripe Requirement             | Date | Instructor | + |
|-----|--|------|------------|---|
|     | Driving Javelin                                |      |            |   |
|     | Brushing Lances                                |      |            |   |
|     | Plunging Darkness                              |      |            |   |
|     | Kata 6   |      |            |   |
|     | Application of 2 <sup>nd</sup> stripe material |      | _          |   |

Test: 2<sup>nd</sup> Stripe Date:

Instructor Signature:

| <br>3 <sup>rd</sup> Stripe Requirement         | Date | Instructor | + |
|--|------|------------|---|
| Slashing Blade                                 |      |            |   |
| Midas Head                                     |      |            |   |
| Striking Mace                                  |      |            |   |
| Coiling Dragon Whip                            |      |            |   |
| Kick Requirement                               |      |            |   |
| Application of 3 <sup>rd</sup> stripe material |      |            |   |

Test: 3<sup>rd</sup> Stripe Date:

Instructor Signature:

| <br>4th 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: 4<sup>th</sup> Stripe Date:

Instructor Signature:

#### **Green Belt Requirements**

|      | Order of all Required Material |          | Additional Curriculum             |
|------|--------------------------------|----------|-----------------------------------|
|      | Tochniques                     |          | Blocks, Block/Strike Combinations |
| 1    | Techniques Phoenix             | 1        | Soft Hand/Forward Snap Kick       |
| 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            |
| 6    | Plunging Darkness              | 6        | Twin Sticky Web Hand              |
| 7    | Slashing Blade                 | 7        | Figure Four Wrap                  |
|      | Midas Head                     | /        | riguie roui wiap                  |
| 8    |                                |          | Stanges                           |
|      | Striking Mace Broken Staff     | 1        | Stances                           |
| 10   |                                | 1        | Reverse Bow                       |
| 11   | Advancing Cobra                |          | Ctuiling                          |
| 12   | Offensive Warrior              | 1        | Strikes White is a Dark Kanadala  |
| 13   | Application Technique #7 AB    | 1        | Whipping Back Knuckle             |
|      | IZ'.l.                         | 2        | U Punches                         |
| 7    | 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   |          |                                   |
|      | TO TO                          |          |                                   |
|      | Forms                          |          |                                   |
| 1    | Kata 5                         | <u> </u> |                                   |
| 2    | Kata 6                         | ļ        |                                   |
| 3    | Coiling Dragon Whip            |          |                                   |
| 4    | 18 Point Staff 2-Man Set       |          |                                   |
| Note | es:                            |          |                                   |
|      |                                |          |                                   |
|      |                                |          |                                   |
|      |                                |          |                                   |
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#### Notes

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#### Notes

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#### Teacher's Comments

#### Rank Promotions

#### Yellow Belt

| Date:                 |                      |
|-----------------------|----------------------|
| Instructor Signature: |                      |
|                       | Orange Belt          |
| Date:                 |                      |
| Instructor Signature: |                      |
|                       | Advanced Orange Belt |
| Date:                 | ,                    |
| Instructor Signature: |                      |
|                       | Purple Belt          |
| Date:                 | •                    |
| Instructor Signature: |                      |
|                       | Advanced Purple Belt |
| Date:                 |                      |
| Instructor Signature: |                      |
|                       | Blue Belt            |
| Date:                 |                      |
| Instructor Signature: |                      |
|                       | Green Belt           |
| Date:                 |                      |
| Instructor Signature: |                      |

# BEGINNING AND INTERMEDIATE BELT RANKS OF THE



BELT #1 BELT #2 BELT #3 BELT #4 BELT #5 BELT #6 BELT #7

VELLOW ORANGE ORANGE ADVANCED PURPLE ADVANCED BLUE GREEN