

IBFDA



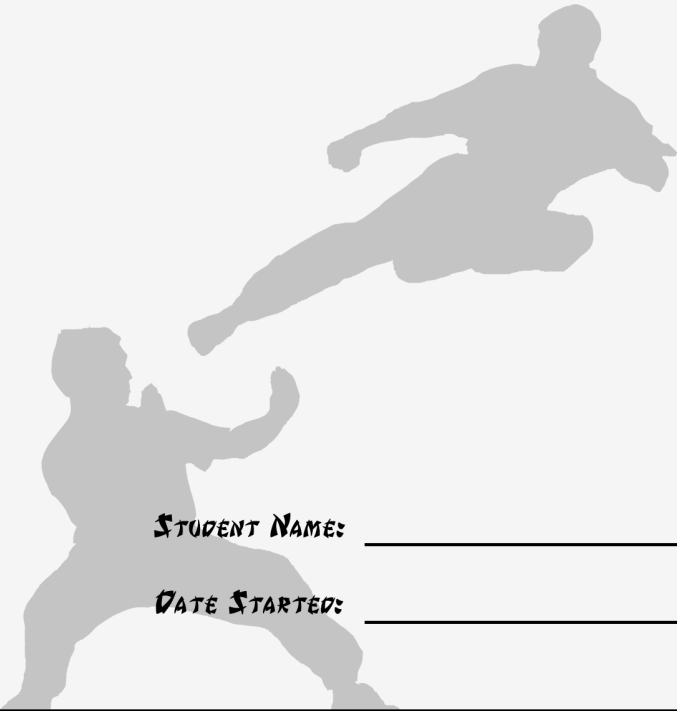
國際白虎道協會

STUDENT MANUAL

BELT REQUIREMENTS (YELLOW - GREEN)

STUDENT NAMES: _____

DATE 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.

誠

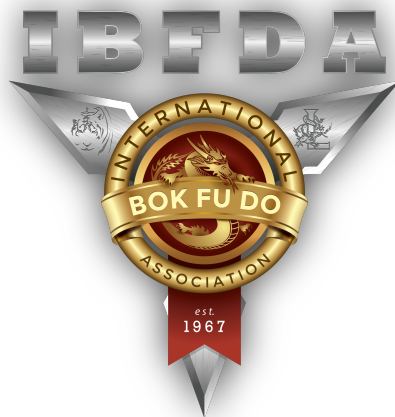
Cheng

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

仁

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

	✓ 1st Stripe Requirement	Date	Instructor	+
	Stances & Blocks			
	Kimono Grab			
	Striking Asp AB			
	Application of 1 st stripe material			

Test: 1st Stripe

Date:

Instructor Signature:

	✓ 2nd Stripe Requirement	Date	Instructor	+
	Crash of the Eagle ABCD			
	Blocking Set 1 (R/L side)			
	Application of 2 nd stripe material			

Test: 2nd Stripe

Date:

Instructor Signature:

	✓ 3rd Stripe Requirement	Date	Instructor	+
	Full Nelson AB			
	Kick Requirement			
	Application of 3 rd stripe material			

Test: 3rd Stripe

Date:

Instructor Signature:

	✓ 4th Stripe Requirement	Date	Instructor	+
	Locking Arm AB			
	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
<i>1</i>	Kimono Grab	<i>1</i>	Square Horse
<i>2</i>	Striking Asp AB	<i>2</i>	Fighting (aka Side Horse, Heel/Toe)
<i>3</i>	Crash of the Eagle ABCD	<i>3</i>	Cat
<i>4</i>	Full Nelson AB	<i>4</i>	Crane
<i>5</i>	Locking Arm AB	<i>5</i>	Hard Bow
<i>6</i>	Application Technique #1	<i>6</i>	Twist Step (aka Instep Stance)
	Kicks		Hand Positions
<i>1</i>	Forward Snap	<i>1</i>	Punch
<i>2</i>	Rear	<i>2</i>	Sword Hand (Chop Hand)
<i>3</i>	Double	<i>3</i>	Hammer Fist
<i>4</i>	Knife Edge	<i>4</i>	Back Knuckle
<i>5</i>	Triple	<i>5</i>	Tiger's Claw
<i>6</i>	Roundhouse	<i>6</i>	Falcon's Talon
		<i>7</i>	Spider's Flick
	Sets	<i>8</i>	Half Fist
<i>1</i>	Blocking Set 1 (R/L side)	<i>9</i>	Middle Knuckle Fist
<i>2</i>	Striking Set 1 (R/L side)	<i>10</i>	Heel Hand
	Blocks		Foot Positions
<i>1</i>	Inward	<i>1</i>	Ball of the foot
<i>2</i>	Outward	<i>2</i>	Heel of the foot
<i>3</i>	Upward	<i>3</i>	Blade of the foot
<i>4</i>	Downward		
<i>5</i>	Reverse Hand		Strikes
<i>6</i>	Kick Block	<i>1</i>	Elbow Smash
		<i>2</i>	Elbow Snap
		<i>3</i>	Elbow Rising
		<i>4</i>	Elbow Pin
		<i>5</i>	Elbow Smash (Rear)
		<i>6</i>	Forward Knee
		<i>7</i>	Double Axe Handle

Notes:

Orange Belt Requirements

	✓ 1st Stripe Requirement	Date	Instructor	+
	Stances & Blocks			
	Dancer			
	Headlock AB			
	Application of 1 st stripe material			

Test: 1st Stripe

Date:

Instructor Signature:

	✓ 2nd Stripe Requirement	Date	Instructor	+
	Bear Hug Free AB			
	Bear Hug Pinned AB			
	Blocking Set 2 (R/L side)			
	Kata 1			
	Application of 2 nd stripe material			

Test: 2nd Stripe

Date:

Instructor Signature:

	✓ 3rd Stripe Requirement	Date	Instructor	+
	Inward Defense			
	Outward Defense			
	Grasping Talon AB			
	Kick Requirement			
	Application of 3 rd stripe material			

Test: 3rd Stripe

Date:

Instructor Signature:

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

Test: 4th Stripe

Date:

Instructor Signature:

Advanced Orange Belt Requirements

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

Test: 1st Stripe

Date:

Instructor Signature:

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

Test: 2nd Stripe

Date:

Instructor Signature:

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

Test: 3rd Stripe

Date:

Instructor Signature:

	✓ 4th 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:

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

Date:

Instructor Signature:

✓	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:

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

Test: 3rd Stripe

Date:

Instructor Signature:

✓	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

Date:

Instructor Signature:

Advanced Purple Belt Requirements

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

Test: 1st Stripe

Date:

Instructor Signature:

	✓ 2nd 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:

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

Test: 3rd Stripe

Date:

Instructor Signature:

	✓ 4th 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:

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

Date:

Instructor Signature:

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

Test: 2nd Stripe

Date:

Instructor Signature:

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

Test: 3rd Stripe

Date:

Instructor Signature:

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

Test: 4th Stripe

Date:

Instructor Signature:

Green Belt Requirements

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

Test: 1st Stripe

Date:

Instructor Signature:

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

Test: 2nd Stripe

Date:

Instructor Signature:

	✓ 3rd 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:

	✓ 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: 4th Stripe

Date:

Instructor Signature:

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

IBFDA



BELT #1



YELLOW

BELT #2



ORANGE

BELT #3



**ORANGE
ADVANCED**

BELT #4



PURPLE

BELT #5



**PURPLE
ADVANCED**

BELT #6



BLUE

BELT #7



GREEN