BLUE to GREEN BELT REQUIREMENTS

Forms

T'ai P'eng Shen Quan– Great Bird Spirit Fist

Weapons

Bei Fang Qi Gai Bang – Short Stick of the Northern Beggar

Er Jie Gun (Nunchaku) Techniques:
1. horizontal attack
2. vertical attack
3. figure 8
4. reverse figure 8
5. underarm snap
6. reverse figure 8, catch under opposite arm
7. diagonal attack with switch
8. double figure 8 (helicopter spin)

Sparring Techniques

11.   block down, reverse punch
12.   block down, reverse punch, block up, reverse punch
13.   3 vertical punches, kick with block
14.   side thrust, front snap kick, 3 vertical punches, step forward
15.   inside smash, spinning side thrust, 3 vertical punches, kick with block

Chi Na (Size and Hold) Techniques

16.   Roman knuckles: low, middle, high
17.   arm choke from behind
18.   wrist grab, shoulder press, push
19.   arm lock (Steven Seagal)
20.   grab both wrists
21.   wrist grab
22.   wrist twisted up

Lohan Short Forms

16.   horizontal punch (hs), punch (bs), block-punch, block down
17.   block-punch (bs), punch (ns), block-punch (bs)
18.   block-punch, bird break, front sweep, front kick
19.   horizontal punch (hs), back fist (ns), reverse punch-kick, twist hit-kick
20.   block-punch (bs), backfist, block-punch, front kick with block
21.   block, jump back (hs), block/hit high, back fist low, move forward, move back block up-reverse punch (cs)
22.   block, jump forward (hs), block/hit high, block pulling back (cs), move forward reverse punch (bs)

(ns = natural stance, bs = bow stance, rbs = reverse bow stance, hs = horse stance, cs = cat stance)

Yi Bu Fa Shu – One Step Fighting Techniques

1. twist arm, front snap kick
2. ridge hand, grab, sweep, punch
3. spinning wheel kick
4. spinning elbow strike, back sweep, front kick
5. knee trap, 2 chops
6. X block down, double chop strike
7. double forearm block, back fist
8. pivoting block, chop ribs, strike head
9. underhand stab (2 variations)
10. overhand stab (2 variations)

Punches: beak as a strike, beak as a hook, hammer fist
Kicks: jump front snap, double jump snap
Stances: bird stance low, bird stance high