

中國少林武藝中心

Kids Program Advancement Requirements



White to Yellow

Sparring Techniques: 1-5

Qin Na: 1-5

Form: si men dao lian – Reversibly Facing 4 Opponents

Yellow to Blue

Sparring Techniques: 6-10

Qin Na: 6-10

Form: fei hu chu dong – Flying Tiger Comes Out of the Cave

Blue to Green

Sparring Techniques: 11-20

Qin Na: 11-20

Form: tai peng shen quan – Great Bird Spirit Fist

Other: yī bù duǐ dà, One Step Sparring Techniques (9 total)

Green to 3rd Brown

Luohans: 1-10

Qin Na: 21-25

Forms: luo han quan – Fist of the Enlightened One

Other: yī bù fǎ shù, One Step Fighting Techniques (10 total)

3rd Brown to 2nd Brown

Luohans: 11-15

Qin Na: 26-30

Form: bai hau zhuan chi – White Crane Circles the Wings

Other: Staff Spins (4 total)

2nd Brown to 1st Brown

Luohans: 16-25

Form: bai he huan chi – White Crane Flips the Wings

Other: Si Mian Ba Fang Bang – 4 Faces 8 Directions Double-ended Staff

1st Brown to 1st Black

Luohans: 26-30

Form: bai he Haun jiao – White Cran Flips the Legs

Other: bei fang qi gai bang – Short Stick of the Northern Beggar

Er Jie Gun Spins 1-8

FEES

White-Yellow -- \$30
includes belt

Yellow to Blue -- \$35
includes belt and patch

Blue to Green -- \$35
includes belt and patch

Green to 3rd Brn -- \$40
includes belt

3rd to 2nd Brown -- \$50
includes stripes

2nd to 1st Brown -- \$75
includes stripes

1st Brown to 1st Black -- \$100
includes belt

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