

# WHITE to YELLOW BELT REQUIREMENTS

## Forms

Se Meng T'ao Lian – Reversibly Facing Four Opponents/Direction

## Weapons

Bang Fa - Staff Spins:

1. two handed clockwise or counterclockwise spins
2. single-handed figure 8 leading with pinky
3. single-handed underarm
4. double-handed underarm

## Sparring Techniques

1. reverse punch
2. cat stance, triple strike (2 punches and front kick)
3. jump, knee trap, front snap kick, reverse punch
4. jump, front sweep, side thrust, reverse punch
5. double reverse punch, jump front kick with block

## Chi Na (Size and Hold) Techniques

1. pull on wrist
2. push on chest
3. bear hug (grab from behind)
4. wrist twist
5. bear hug with lift

## Lohan Short Forms

1. block/punch, block down
2. block/punch, block down, block/punch opposite, twist hit/kick
3. block/finger thrust, block/punch, twist hit/kick
4. block, monkey grab, front sweep
5. double front kick

**Punches:** reverse fist, horizontal fist, vertical fist

**Kicks:** front snap, side thrust, roundhouse

**Stances:** horse, sparring, cat, bow