

# **YELLOW to BLUE BELT REQUIREMENTS**

## **Forms**

Fei Hu Ch'u Tung – Flying Tiger Comes Out of the Cave

## **Weapons**

Si Mian Ba Fang Bang – 4 Faces 8 Directions Double-ended staff

## **Sparring Techniques**

6. jump, back sweep, front kick, reverse punch
7. cross behind, hook kick
8. jump monkey grab, short front sweep, pull/reverse punch
9. jumping side thrust, block down
10. jump block, chop with yell

## **Chi Na (Size and Hold) Techniques**

6. full nelson
7. front choke
8. front hair grab
9. hair grab from behind
10. head lock
11. shirt grab
12. elbow press
13. arm twisted behind back
14. choke with hand from behind
15. handshake

## Lohan Short Forms

6. block-punch, 2 twist-hits, block back (rb), back fist (bs), twist hit, twist hit-kick
7. block, monkey grab, front sweep, back sweep, front kick/block
8. 2 front kicks, turn, 2 side thrusts
9. 4 kicks (2 front snap, 1 rear side thrust, 1 mule kick)
10. inside block, vertical punch (hs), outside block, vertical block (hs)
11. block, 3 hit-kicks (reverse punches)
12. elbow jab to rear, turn and reverse punch, strike down, stomp-kick, step and turn
13. step back (rbs), inside smash, front kick, finger thrust
14. step back (rbs), outside smash, blade kick
15. block, monkey grab, front sweep, trap, side thrust

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

## Yi Bu Dui Da- One Step Sparring Techniques

1. block outside, punch
2. block inside, punch
3. block outside, chop, punch
4. block inside, chop punch
5. block outside, side thrust
6. block inside (up), front snap kick
7. capture arm, break, elbow strike, chop, palm strike
8. block outside, kick under
9. block inside, double front jump kick

**Punches:** tiger fist palm, tiger fist sidehand, twist hit

**Kicks:** inside smash, outside smash, front trap, back trap

**Stance:** reverse bow