

White Birch Traditional Martial Arts

Tien Shan Pai Style Kung Fu: Beginner

Rank Requirements

Larry Vincent
[10/16/2015]

KUNG FU RANK REQUIREMENTS

Kung Fu Beginner Rank Requirements

At White Birch there are 3 beginner ranks White, Yellow, and Gold Sashes. The goal of beginner training is to learn how to learn. In these ranks, the student will be introduced to a variety of martial arts topics, from empty hand forms, weapon forms, joint locks, and sparring. The student generally uses this time to find his or her niche; to find what they enjoy most and dislike.

White Belt Represents innocence and purity.
 Yellow Belt Represents the warmth of the winter's sun that melts the snow.
 Gold Belt Represents the color of the sunrise showing the day has begun.

	White	Yellow	Gold
Basics	See below	See below	See below
Dynamic Kicking	Targeting: Hit target at chosen height	Performance: Kick with intensity	Creativity: 3 kicks in an intense combination
Techniques	Chin Na 1-6	Chin Na 1-12	Chin Na 1-18
Form	Chu Chi Chen	Pan Lung Bien Gan	Chu Chi Chen Dui Lian
Sparring	Blocking Drill #1 1-Step #1-4	Blocking Drill #2 3-Step #1-4	Footwork Drills Flow Sparring Drills #1-4
Board Breaking	Traditional Break: 1-Point Hand and 1-Point Foot	Progressive Break: 3 levels of 1 point each	Combative Break: 4 stations, 1 point each
Physical Development	Per age below	Per age below	Per age below
Mental Development	History / Philosophy	History / Philosophy	History / Philosophy
Competition	None required	None required	None required

Beginner Basics:

	Blocks	Strikes	Kicks	Stances
White	Outer Forearm Inner Forearm Elbow X-Block Coiling Block	Jab Cross Reverse Punch Back Fist Hammer Fist	Back Leg Front Back Leg Rnd Side Kick	Horse Bow Cat Self Defense Attention

	Slip Block	Swordhand Spearhand Chop		Salute
Yellow	Slap Block Hook Block Leg Block	Ridgehand	Front Leg Front Front Leg Rnd Jumping Front	Twist
Gold			Front Leg Hook Axe Kick	

Beginner Techniques:

Chin Na

1. Straight Wrist Grab, Armlock	12. Double Rear Shoulder Grab, Bridge
2. Straight Wrist Grab, Hammerlock	13. Double Rear Shoulder Grab, Armbar
3. Diagonal Wrist Grab, Wrist Lock	14. Anticipate the Choke
4. Diagonal Wrist Grab, Step Under	15. Two Hand Front Choke, Attack One
5. Double Wrist Grab, Front	16. Two Hand Front Choke, Attack Both
6. Double Wrist Grab, Rear	17. Two Hand Rear Choke
7. Raised Hand Grab	18. Push
8. Inverted Wrist Grab	
9. Shoulder Grab, Side	
10. Shoulder Grab, Front	
11. Double Front Shoulder Grab	

Beginner Sparring Training:

	Blocking Drills	Sparring Drills
White	Blocking Drill #1	1-Step Sparring Drills 1-Step #1 1-Step #2 1-Step #3 1-Step #4
Yellow	Blocking Drill #2	3-Step Sparring Drills 3-Step #1 3-Step #2 3-Step #3 3-Step #4
Gold	Blocking Drill #3	Flow Sparring Drills Flow Sparring #1 Flow Sparring #2 Flow Sparring #3 Flow Sparring #4

Footwork:

- Step-Slide
- Slide-Step
- Full Step
- Shuffle Step or Jump Step
- Step Behind
- Step In Front

Beginner Board Breaking:

Traditional Breaking – student sets up the station, asks permission to break, goes into a fighting stance, performs the break, returns to a fighting stance, bows.

Progressive Breaking – student breaks through three levels of boards, one after another, taking no more than 3 attempts on each board.

Combative Breaking – student quickly reacts and breaks the boards at all stations in a combative manner.

Beginner Physical Development:

Beginners are required to meet or exceed the Average category for strength and flexibility.

Men

Test	Teens	20s	30s	40s	50s
Pushups	26	22	18	15	12
Sit-Ups	38	34	28	24	18
Horse Stance	1 minute	1 minute	1 minute	1 minute	1 minute
Flexibility	17"	13"	12"	11"	10"
Cardio	10 squat thrusts in 20 seconds	10 squat thrusts in 20 seconds	10 squat thrusts in 20 seconds	10 squat thrusts in 25 seconds	10 squat thrusts in 25 seconds

Women

Test	Teens	20s	30s	40s	50s
Pushups (Knees)	17	16	14	12	10
Sit-Ups	29	25	19	15	11
Horse Stance	1 minute	1 minute	1 minute	1 minute	1 minute
Flexibility	19"	10"	9"	8"	7"
Cardio	10 squat thrusts in 20 seconds	10 squat thrusts in 20 seconds	10 squat thrusts in 20 seconds	10 squat thrusts in 25 seconds	10 squat thrusts in 25 seconds

Pushups Test

For men, the legs should be extended out. Women perform the pushups on their knees for this test. Perform as many pushups as you can to failure.

Sit-Ups Test

Having your legs anchored by a partner, perform as many sit-ups as you can in 1 minute.

Horse Stance Test

Stand in a horse stance with your thighs parallel to the ground. Your hands form a diamond in front of your face, arms straight, back straight up and down.

Flexibility Test

A measuring tape or 36 inch ruler is required for this test. It should be performed after a short warm-up for the lower back and hamstring muscles. Sit with shoes removed and with the legs outstretched and feet 10 inches apart. Insure that the legs are flat on the floor and not bent. The measuring tape is positioned with the 15-inch mark at the heels and the zero mark towards the body. With the hands crossed and fingers even, bend forward and hold momentarily while the measurement is taken. Record the highest of 3 attempts.

Beginner Mental Development:

History / Philosophy

The name of our style	Tien Shan Pai (Heaven Mountain System)
My Instructor's Name	Robert LaPointe
His Instructor's Name	Liu Chao Chi
5 categories that make up a system	Basics, Techniques, Form, Sparring, History and Philosophy
Chin Na	"Grab Take"
Ma Bu	Horse Stance
Kung Bu	Bow Stance
Kung Fu	Time and Effort, Skill beyond surface beauty
Chu Chi Chen	Primary Fist Form
Pan Lung Bien Gan	Coiling Dragon Whip
Chu Chi Chen Dui Lian	Primary Fist Form Two Person

Board Break Rating Chart

Hand Techniques

Palm strike	1
Reverse horizontal elbow strike	1
Vertical back elbow strike	1
Horizontal back elbow strike	1
Forward elbow strike	1
Downward hammer fist	1
Downward knife hand strike	1
Sword hand strike	2
Punch	2
Ridge hand strike	2
Downward ridge hand strike	2
Back fist	2

Kicks

Front kick	1
Side kick	1
Round kick	1
Axe kick	1
Hook kick	2
Rear kick	2

Difficulties

Additional boards	Double
Blindfold	Double
Unsupported break	Triple
Spin/ reverse	Double
Jump	1
Obstacles	1
360	2
540	3
720	6
Double kicks	2
Triple kicks	3
Quadruple kicks	4

Ex. 1. Triple jump front kick: 3 front kicks (3) + jump (1) + triple kick (3) = 7

Ex. 2. Ridge hand speed break w/ 3 boards: Ridge hand (2) + speed break (4) + 3 boards (6) = 12

10 Long-Life Exercises

Exercise One Part One (yī jiǎ)	Arms start at your sides, raise them to the sides until they are overhead. Interlace your fingers, palms facing the ceiling and lower them along your body until your palms point to the floor. Keep your arms straight, raise them to the front and overhead towards the ceiling again. Separate your hands and lower your hands to the sides towards the ground.
Exercise One Part Two (yī yǐ)	Interlace your fingers and point your hands towards the ceiling. Keeping your arms straight, move in a clockwise circle, stretching as high as you can and bending at your waist to get as low as you can, make 5 complete circles. Reverse directions for 5 more circles.
Two (èr)	Right arm circles clockwise in front of the body until it points to the right. Then the left arm circles clockwise in front of the body behind it. Both arms cross in front of you. Set your right foot out to the side, heel down, toes up. Bend your right arm and bend at the waist to try to touch your toes with your elbow. Your left arm is straight and stretches behind you and up to the ceiling with a crane's beak. Hold the stretch for 5 or 6 seconds. Reverse direction for the other side.
Three (sān)	Hands on your knees, bend your left knee and go as low as you can with that base leg, keeping your heel on the floor. Point your right toes to the ceiling. Hold the stretch for 5 or 6 seconds. Move to the other leg to stretch the other side.
Four (sì)	Turn to the left so that your right leg is behind you. Bend your knees, almost touching your right knee to the floor, and rise again. Do this 10 times. Turn and repeat on the other side.
Five Part One (wǔ jiǎ)	Legs are wide apart. Slide your right arm down your right leg until it touches the floor, bending at the waist. Make an arc with your right hand, skimming the floor until you get to your left foot. Return with an arc back to your right foot, rise up bringing your hand up your leg. Switch to the other side repeatedly.
Five Part Two (wǔ yǐ)	Legs are wide apart, hands are on your hips. Bend backwards as far as you can and hold for 5 or 6 seconds. Bend forwards and hold for 5 or 6 seconds.
Five Part Three (wǔ bǐng)	Legs are wide apart. Your right hand grabs your left ankle, pulling your chest to your knee. Hold for 5 or 6 seconds, then switch sides.

Six (liù)	Feet are together, hands gently on your knees. Make a clockwise circle 5 times with your knees, then counter-clockwise 5 times. Put the ball of your foot on the floor and circle your ankle 5 times each direction.
Seven Part One (qī jiǎ)	Right leg is back, right hand points to the front, arm straight, hand in a fist. Circle your arm forward 10 times and then backwards 10 times. Switch feet and arms and repeat.
Seven Part Two (qī yǐ)	Feet are shoulder width apart. Circle both arms forward 3 times, then bend forward and extend your arms behind you towards the ceiling, both hands in a crane's beak. Hold for 5 or 6 seconds. Circle both arms backwards 3 times and bend backwards with your arms overhead, with fists.
Eight (bā)	Both arms are extended to the left side, standing in a left-bow stance. Circle both arms down in a big circle until they're back where they started. Bring your left fist to your hip. Arc your right swordhand across in front of you as you turn to face the other direction in a block, then put your right fist on your hip. Strike towards the right with your left swordhand, then your right swordhand, ending with both arms extended. Switch directions to move to the other side.
Nine (jiǔ)	Feet are shoulder width apart, hands are on your hips. Bend backwards and hold for 5 or 6 seconds. Circle both arms overhead, crossing your arms in front of your body. Bend forward with crossed arms and push your elbows towards the floor.
Ten (shí)	Sit down in an invisible chair, the tops of your thighs are parallel with the floor, hands are on the opposite knees. Bow your head forward and circle it towards your left shoulder, then back, right shoulder, front and finally left shoulder again. Look back over your shoulder to stretch. Change directions.

Chu Chi Chen (Primary Fist Form)

1. From attention stance, step forward with the left foot into a horse stance, punch with the left hand. Right hand remains at hip.
2. Block up with the left hand, open the left foot. Step through into a horse stance, punch with the right hand, left hand block remains up.
3. Block up with the right hand, open the right foot, left hand circles to the hip. Step through into a horse stance, punch with the left hand, right hand block remains up.
4. Shift weight to the back leg, front leg goes straight. Left arm blocks downward, parallel with the floor, palm open. Right hand circles back onto hip. Shift weight forward into a bow stance and strike forward with right hand in a sideways heel-palm strike. Left hand remains flat to the floor.
5. Shift your weight to the back leg, left hand falls to the left thigh close to the knee. Right hand moves to the right hip in a fist. Left leg is straight.
6. Left arm bends at the elbow and left hand blocks up at the shoulder. Left arm then circles up and outward, ending with a fist at the left hip.
7. Left foot turns out, right leg lifts forward, leg straight, as high as possible. Right foot then steps forward (controlled) into a right bow stance. The hands move from the hip to strike the right fist into the left palm far in front.
8. Right hand blocks upwards as the right foot turns out slightly. Left hand moves to the hip. Left foot then kicks forward, knee level, with the foot turned slightly outward. Left foot steps forward into a left bow stance. Left hand strikes forward in a sword-hand strike, right hand moves to the right hip.
9. Both hands circle counter-clockwise, until they end up in front of the body, right on top, palms facing. Left foot turns out slightly, right foot executes a hook kick while the hands strike outwards, left high to the rear, right low to the front.
10. Left hand grabs the right wrist as the right foot is raised. Right foot stomps down, step forward with the left foot into a horse stance, left hand punches forward, right moves to the hip.
11. Open the left foot, step through into a horse stance, right hand strikes forward in a swordhand strike. Left hand moves to the hip.
12. Move right foot back to left, feet together. Both hands at hips.
13. Step backwards with the right foot into a horse stance. Left hand punches forward, right remains at the hip.
14. Step forward with the right foot into a bow stance, right hand punches forward, left hand moves to the hip.
15. Hook block with the right hand as you step back into a left-forward bow stance. Left hand chops from the outside.
16. Left hand executes a covering block, palm down. Right hand strikes out in a spearhand over the left arm.
17. Both arms circle upwards, left moves to the left hip. The right hand strikes with a chop, neck level.
18. Step back with the left foot into a left-reverse bow. Left hand moves to the hip, right hand blocks down with the forearm with a fist, palm up. The right

- elbow is near the left knee. Change to a forward bow (right forward) both hands move up, executing outer forearm blocks.
19. Both hands move to the hips, step back with the right foot into a left bow and strike forward with a left swordhand. Right hand goes to the hip.
 20. Step back into a right bow and strike forward with a right swordhand. Left hand goes to the hip.
 21. Step with the right into a right cat stance facing west. Right hand strikes in a chop at throat level, left hand moves palm up to the right bicep. Left hand strikes forward with a chop, right hand moves to the hip in a fist.
 22. The right leg sweeps back ending in a left bow stance. The right arm pushes downwards, palm flat towards the floor. The left hand moves pointing to the ceiling, palm flat towards the ceiling.
 23. Right arm moves forward in a circle, right foot steps back into a left-forward cat stance. Right hand moves to the hip in a fist. Left hand executes an inner forearm block with a fist.
 24. Left leg steps back one step, then right foot moves back until feet are together, fists move to the hips. Bow.
-

Blocking Drills

Blocking Drill #1 (4 Counts)

Fighter	Coach
1. Left outside forearm block	Right Ridgehand
2. Left inside forearm block	Left Ridgehand
3. Left arm block to the body	Right Reverse Punch
4. X-Block	Left Roundhouse

Blocking Drill #2 (8 Counts)

Fighter	Coach
1. Right Slap Block	Left Jab
2. Left Slap Block	Right Cross
3. Right outside forearm block	Left Ridgehand
4. Left outside forearm block	Right Ridgehand
5. Right Hook block	Left punch to stomach
6. Left Hook block	Right punch to stomach
7. Left leg block	Right Thai Kick
8. Right leg block	Switchstep, Left Thai Kick

Blocking Drill #3 (10 Counts)

Fighter	Coach
1. Right Slap Block	Left Jab
2. Left Slap Block	Right Cross
3. Right Arm Block	Left Hook
4. Check Block	Right Uppercut
5. X-Block, Leg Catch	Left Roundhouse
6. Check Block	Right Uppercut
7. Right Arm Block	Left Hook
8. Shoulder Roll	Right Cross
9. Right Arm Block	Left Hook
10. Arm Block, Leg Catch	Right Roundhouse

One-Step Sparring Drills

One-Step Sparring Drill #1 (2 Counts)

Fighter	Coach
Left Rising Block	Jab
Right Reverse Punch	

One-Step Sparring Drill #2 (2 Counts)

Fighter	Coach
(Left Leg Back) Left Coiling Block	Jab
Left Roundhouse	

One-Step Sparring Drill #3 (2 Counts)

Fighter	Coach
X-Block	Left Roundhouse
Left Backfist	

One-Step Sparring Drill #4 (2 Counts)

Fighter	Coach
Jump backward, arm block	Left Side Kick
Jump forward, Left Backfist	

Three-Step Sparring Drills

Three-Step Sparring Drill #1 (6 Counts)

Fighter	Coach
1. Right Slap Block	Jab
2. Left Slap Block	Cross
3. Full step backwards, X-Block	Right Roundhouse, Step Forward
4. Right Backfist	
5. Left Reverse Punch	
6. Jumping front kick	

Three-Step Sparring Drill #2 (6 Counts)

Fighter	Coach
1. X-Block	Front Leg Round, step left 45 degrees
2. Right Slap Block	Left Jab
3. Left Outside Forearm Block	Right Ridgehand
4. Right Reverse Punch	
5. Left Ridgehand	
6. Right Turning Side Kick	

Three-Step Sparring Drill #3 (6 Counts)

Fighter	Coach
1. Right Hand Cuff Block	Left Backfist
2. Shuffle Back Arm Block	Step-Behind Left Sidekick
3. Duck the kick	Right High Roundhouse
4. Left Jab	
5. Right Cross	
6. Right Stomp Kick	

Three-Step Sparring Drill #4 (6 Counts)

Fighter	Coach
Right Slap Block	Step left 45 degrees, Left Jab
Left Outside Forearm Block	Right Ridgehand
Full step back, Left Hook Block	Right Side Kick
Left Backfist	
Right Roundhouse	
Left Hook or Left Ridgehand	

Flow Sparring Drills

Flow Sparring Drill #1 (7 Counts)

Fighter	Coach
1. Right Slap Block	Jab
2. Full Step Back, Left Hook Block	Right Front Stomp Kick
3. Right Jab	Left Slap Block
4. Left Cross	Right Slap Block
5. Right Front Stomp Kick	Left Hook
6. Left Roundhouse, Step Forward	Full Step Back, X-Block
7. Left Forearm Block	Left Backfist

Flow Sparring Drill #2 (6 Counts)

Fighter	Coach
1. Left Rising Block	Jab
2. Right Reverse Punch	Right Slap Block
3. Right Palm Block	Left trap hand and pull down, Right Backfist
4. Left Leg Block	Right Thai Kick, Feet together, step back 45 degrees left
5. Right Ridgehand	Left Forearm Block
6. Right Turning Side Kick	Step and turn, right hook block

Flow Sparring Drill #3 (7 Counts)

Fighter	Coach
1. X-Block	Left Roundhouse
2. Left Backfist	Left Forearm Block
3. Left Arm Block	Right Reverse Punch
4. Left Outside Forearm Block	Right Ridgehand
5. Right Cross	Left Inside Forearm Block
6. Left	Right Hook Head
7. Left Hook Body	Left Arm Block

Flow Sparring Drill #4 (4 Counts)

Fighter	Coach
1. Sweeping Block	Jab
2. Goh Ti	Lift Left Leg
3. Full Step Back, Coiling Block, Arm Break	Full Step Forward, Right Jab
4. Left Backfist	Left slap block, grab wrist, Right pushes on shoulder, right foot sweeps (Gwa Tai)