

White Birch Traditional Martial Arts

Tien Shan Pai Style Kung Fu: Form Specialist

Rank Requirements

Larry Vincent
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KUNG FU RANK REQUIREMENTS

Kung Fu Intermediate Rank Requirements

In the intermediate ranks, students are expected to have a better physical fitness and knowledge of the basic punches, kicks, and joint locks. Students in the intermediate ranks begin to train more intensely in the areas of Kung Fu in which they feel more interested. They learn more difficult basic techniques and joint locks along with more challenging forms.

Intermediate rank students are encouraged to engage in freestyle, contact sparring.

Green Belt	Represents a green tree, growing and gaining knowledge.
Blue Belt	Represents the sky; reaching up higher for knowledge.
Purple Belt	Represents a purple flower having beauty with growth.

At Green Sash the students can pick a specialization that tailors the program to their needs. Three specializations are available. This curriculum is for the Form Specialist.

- Traditionalist – even-handed training in form and fighting ability
- Form Specialist – double the form requirements, half the fighting requirements
- Fighter Specialist – half the form requirements, double the fighting requirements

	Green	Blue	Purple
Basics	Basics	Basics	Basics
Dynamic Kicking:	Targeting: Must hit target at chosen height	Performance: Must kick with intensity	Creativity: 3 kicks in an intense combination.
Technique	Chin Na 1-24	Chin Na 1-32	Chin Na 1-44, 5 Creative Self Defense Techniques
Form	See below	See below	See below
Sparring	Freestyle Sparring, Fighting Form(s)	Contact Sparring, Fighting Form(s)	2-on-1 Sparring, Fighting Form(s)
Board Breaking	Traditional: 2 point hand and foot break	Progressive: 3 levels with a 2 point technique	Combative: 2 point techniques on 4 stations
Physical Development	Per age below	Per age below	Per age below
Mental Development	History / Philosophy	History / Philosophy	Anatomy: Bones
Competition	None	See below	See below

Intermediate Basics:

	Blocks	Strikes	Kicks	Stances
Green			Crescent Kick Lotus Kick	
Blue			Rear Kick Spinning Rear	
Purple			Jump Crescent 3-Way Kicks	

Intermediate Technique:

Chin Na

19. One Arm Rear Choke, Step Around	32. Full Nelson
20. One Arm Rear Choke, Throw	33. Chicken Wing
21. One Arm Rear Choke, Gwa Tai	34. Bear Hug, Free In Front
22. Hammerlock	35. Bear Hug, Pinned In Front
23. Haymaker Punch	36. Bear Hug, Free In Rear
24. Jab	37. Bear Hug, Pinned In Rear
25. Front Kick	38. Club Overhead
26. Roundhouse Kick	39. Club Diagonal
27. Crescent Kick	40. Knife, Stabbing Inward
28. Hair Grab, Front	41. Knife, Stabbing Downward
29. Hair Grab, Rear	42. Knife, Slicing
30. Tackle	43. Gun, Front High
31. Headlock	44. Gun, Front Low

Creative Self Defense Techniques

5 self defense techniques, 1 against a punch, 1 against a kick, 1 against a grab, and 2 of the student's choice. 5 strikes should be utilized in the defense, the attacker striking the ground after a clean throw can be counted as 1 strike. The technique should end up with the defender standing in a defensive posture. The technique has controlled, but quick, powerful strikes.

Intermediate Form Training:

Green: 2 Intermediate Empty Hand Forms

Blue: 2 Intermediate Weapon Forms

Purple: Any 2 Intermediate Forms

Intermediate Form List

Empty Hand Forms	Weapon Forms
<ul style="list-style-type: none"> • Tzong Chi Chen (Secondary Fist Form) • Lung Chen (Dragon Fist) • Tu Gi (Tiger and Dragon Fighting) • Pa Chi (8 Directional Boxing) • San Shi Er Chuan (32-Hands) • Chin Na Chen Dui Lian (Chin Na Form) • Tzong Chi Chen Dui Lian • Tu Gi Dui Lian • Tai Chi Chuan Short Form 	<ul style="list-style-type: none"> • Long Staff • San Cai Jian (Three Treasures Straight Sword) • Seven Star Golden Treasure Fan • San Cai Jian Dui Lian (Straight Sword Two-Person) • Tai Chi Dao (Tai Chi Broadsword)

Intermediate Sparring Training:

Freestyle Non-Contact Sparring

Also called flow sparring. The student should exhibit good form and comfortable movement. Combinations of blocking, punching, and kicking should be evident. Movement is continuous and in coordination with the partner, not a game of tag.

Contact Sparring

Full protective gear is required for this requirement. The student should exhibit good form, comfortable movement, and the ability to block strikes attempting to hit them. He should be able to exhibit strikes and combinations that hit or attempt to hit the opponent.

2-on-1 Contact Sparring for 1 minute

Full protective gear is required for this requirement. The student will fight against 2 other students at the same time. He will exhibit good form, comfortable movement, the ability to limit the attacker’s capability to hit him through movement and shielding, and the ability to block strikes that attempt to hit him. He should be able to exhibit strikes and combinations that hit or attempt to hit the opponents.

Green: No sparring class requirements

Blue: 5 sparring classes minimum

Purple: 5 sparring classes minimum

Intermediate 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.

Intermediate Physical Development:

Intermediates are required to meet or exceed the Good category for strength and flexibility.

Men

Test	Teens	20s	30s	40s	50s
Pushups	31	26	22	18	14
Sit-Ups	41	37	31	26	20
Horse Stance	1.5 minute	1.5 minute	1.5 minute	1.5 minute	1.5 minute
Flexibility	19"	16"	15"	14"	13"
Cardio	20 squat thrusts in 40 seconds	20 squat thrusts in 40 seconds	20 squat thrusts in 40 seconds	20 squat thrusts in 50 seconds	20 squat thrusts in 50 seconds

Women

Test	Teens	20s	30s	40s	50s
Pushups (Knees)	21	19	18	15	12
Sit-Ups	32	28	22	18	14
Horse Stance	1.5 minute	1.5 minute	1.5 minute	1.5 minute	1.5 minute
Flexibility	21"	13"	12"	11"	10"
Cardio	20 squat thrusts in 40 seconds	20 squat thrusts in 40 seconds	20 squat thrusts in 40 seconds	20 squat thrusts in 50 seconds	20 squat thrusts in 50 seconds

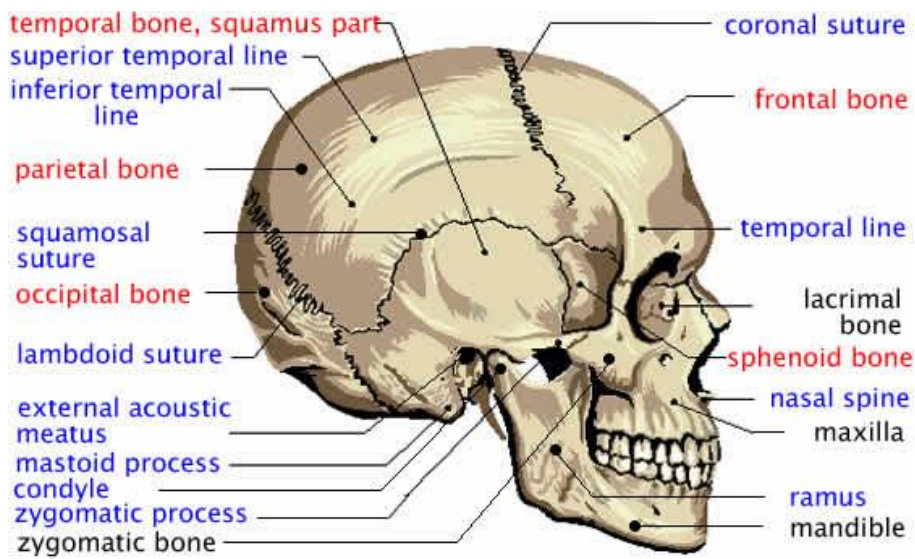
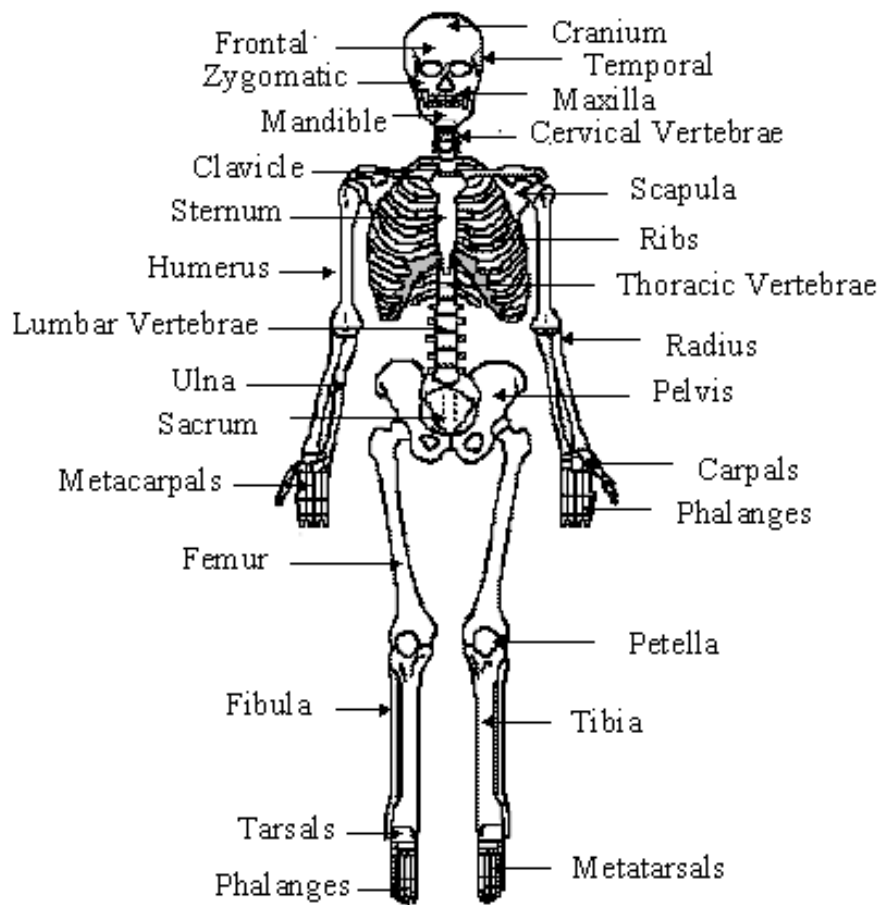
Intermediate Mental Development:

History / Philosophy

Chao Chi Liu's Instructor	Wang Chueh-Jen
Basics teach?	Power
Techniques teach?	Teach us to be resourceful
Forms teach?	Demonstration skills, concentration
Sparring teaches?	Spontaneity
History / Philosophy teaches?	Attitude, spirit, concentration, background
Cat Stance	Xi Bu (Shee Boo)
Chi	Breath energy or spiritual energy
Chuan Fa	Fist methods (techniques)
Chen Ta	Forms

Anatomy: Bones

1. Humerous	11. Tarsals	22. Vertebrae
2. Radius	12. Metatarsals	23. Cervical Vertebrae
3. Ulna	13. Phalanges (Toes)	24. Thoracic Vertebrae
4. Carpals	14. Mandible	25. Lumbar Vertebrae
5. Metacarpals	15. Maxilla	26. Ilium
6. Phalanges (Fingers)	16. Zygomatic	27. Sacrum
7. Femur	17. Temporal	28. Coccyx
8. Patella	18. Parietal	29. Clavicle
9. Tibia	19. Frontal	30. Scapula
10. Fibula	20. Nasal	31. Sternum
	21. Occipital	32. Ribs



Intermediate Competition Requirements:

Green: No requirements

Blue: 1 empty hand form, 1 weapon form

Purple: 1 empty hand form, 1 weapon form

Kung Fu Advanced Rank Requirements

Advanced Rank students are expected to have exceptional fitness and will learn complicated techniques and empty-hand and weapon forms. Students at this level will become much more proficient in using joint locks and flowing between locks as needed. Advanced rank students are expected to be proficient in contact sparring and have a high level of detail in their forms.

Brown Belt Represents the soil of the Earth that gives lasting foundation.
 Red Belt Represents the sun having energy and brilliance.
 Black Belt Represents a new beginning.

	Brown	Red
Basics	Basics	Basics
Dynamic Kicking	Performance: Must kick with intensity	Creativity: 3 kicks in an intense combination.
Technique	Chin Na Lock Flow 1-3 Corey Wiscomb Chin Na Lock Flow #1, #2	3 Creative Chin Na Lock Flow Corey Wiscomb Chin Na Lock Flow #3-#7
Form	See below	See below
Sparring	Contact Sparring, Fighting Form(s)	3 2-minute rounds of Contact Sparring, Fighting Form(s)
Board Breaking	Traditional: 3 point hand and foot break	Progressive: 3 levels with a 3 point technique
Physical Development	Per age below	Per age below
Mental Development	Anatomy: Muscles	Paper

Advanced Basics:

	Blocks	Strikes	Kicks	Stances
Brown		Palm Heel Front Elbow R. Elbow, High R. Elbow, Low	Spinning Hook 3-Way Front Bk Leg Front Sweep	Half Horse
Red			Tornado Kick Combo Bk Leg Back Sweep	

Advanced Technique Training:

Chin Na Lock Flow:

- Chin Na Lock Flow #1
 - Inverted Wrist Grab – Wrist Lock
 - Arm Lock
 - Metacarpal Throw
- Chin Na Lock Flow #2
 - Straight-across Wrist Grab – Metacarpal Lock
 - Straight-arm wrist lock
 - Chicken Wing
- Chin Na Lock Flow #3
 - Side shoulder grab – Shoulder Lock
 - Straight Arm Lock
 - Figure Four Lock
- Corey Wiscomb #1
- Corey Wiscomb #2
- Corey Wiscomb #3
- Corey Wiscomb #4
- Corey Wiscomb #5
- Corey Wiscomb #6
- Corey Wiscomb #7

Creative Chin Na Lock Flow

The student creates 3 Chin Na Lock Flow of their own, each containing a minimum of 3 Chin Na or throws. They can be against a punch, kick, grab, or weapon. Each individual Chin Na should be effective on its own, in pain compliance or restraint. Setup strikes can be used but do not count towards the requirement.

Advanced Form Training:

Brown: 2 Advanced Empty Hand Forms

Red: 2 Advanced Weapon Forms

Advanced Form List

Empty Hand Forms	Weapon Forms
<ul style="list-style-type: none"> • Mei Wa Chen (Plum Flower Fist) • Lian Wan Tui (Kick Combination) • Chin Na Chuan Dui Lian (Chin Na form, 2 person) 	<ul style="list-style-type: none"> • Quan Dao (Spring and Autumn Big Knife) • Tien Shan Qiang Fa (Tien Shan Spear) • Mei Wa Darn Dao (Plum Flower Broad Sword)

Advanced Sparring Training:

Contact Sparring

Full protective gear is required for this requirement. The student should exhibit good form, comfortable movement, and the ability to block strikes attempting to hit them. He should be able to exhibit strikes and combinations that hit or attempt to hit the opponent.

3 2-minute Rounds Contact Sparring

Full protective gear is required for this requirement. The student should exhibit good form, comfortable movement, and the ability to block strikes attempting to hit them. He should be able to exhibit strikes and combinations that hit or attempt to hit the opponent. He fights 3 students, each for 2 minutes.

Brown: 10 sparring classes minimum

Red: 5 sparring classes minimum

Advanced 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.

Advanced Physical Development:

Advanced are required to meet or exceed the Excellent category for strength and flexibility.

Men

Test	Teens	20s	30s	40s	50s
Pushups	45	39	33	27	21
Sit-Ups	50	47	40	35	30
Horse Stance	2 min (Brown) 3 min (Red)	2 min (Brown) 3 min (Red)	2 min (Brown) 3 min (Red)	2 min (Brown) 3 min (Red)	2 min (Brown) 3 min (Red)
Flexibility	21"	22"	21"	20"	19"
Cardio	30 squat thrusts in 60 seconds	30 squat thrusts in 60 seconds	30 squat thrusts in 60 seconds	30 squat thrusts in 75 seconds	30 squat thrusts in 75 seconds

Women

Test	Teens	20s	30s	40s	50s
Pushups (Knees)	31	30	29	24	19
Sit-Ups	42	37	30	26	21
Horse Stance	2 min (Brown) 3 min (Red)	2 min (Brown) 3 min (Red)	2 min (Brown) 3 min (Red)	2 min (Brown) 3 min (Red)	2 min (Brown) 3 min (Red)
Flexibility	24"	19"	18"	17"	16"
Cardio	30 squat thrusts in 60 seconds	30 squat thrusts in 60 seconds	30 squat thrusts in 60 seconds	30 squat thrusts in 75 seconds	30 squat thrusts in 75 seconds

Advanced Mental Development:

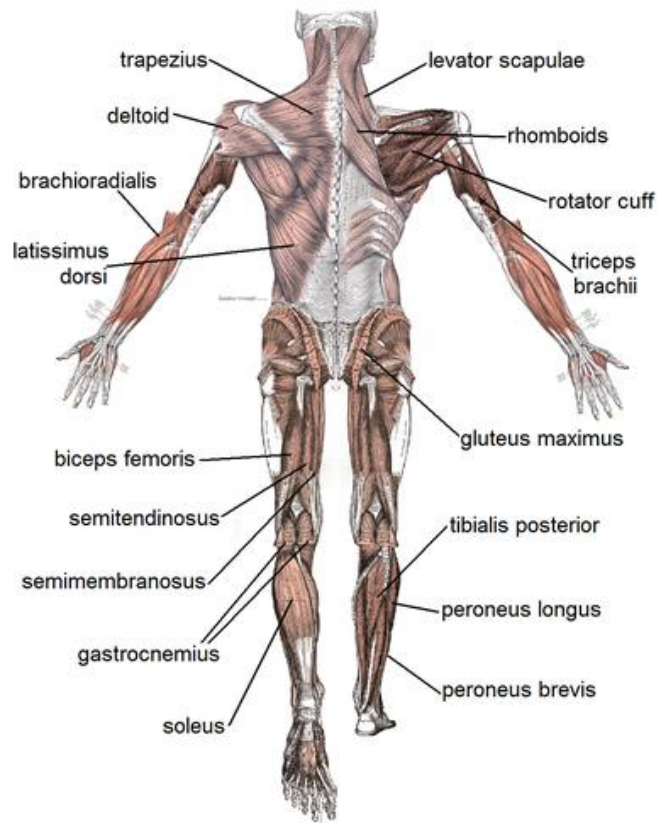
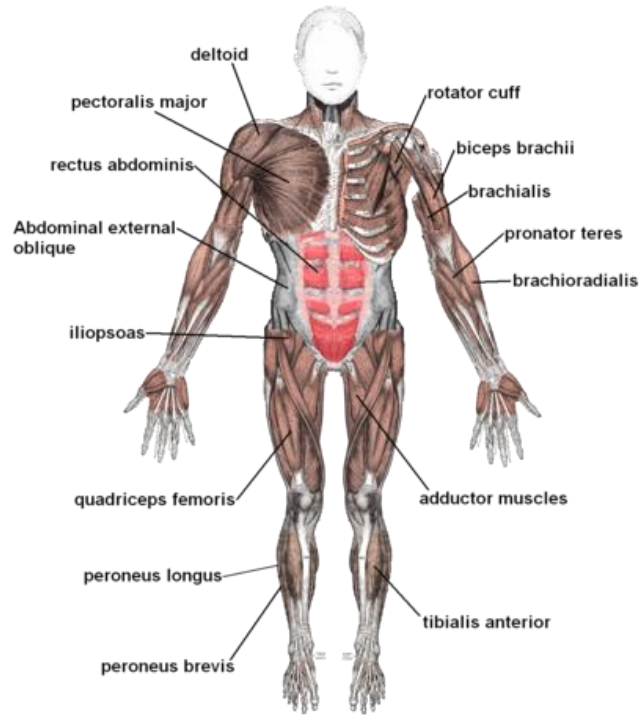
History / Philosophy

Muscles

1. Triceps Brachii	15. Semimembranosus
2. Biceps Brachii	16. Semitendinosus
3. Deltoideus	17. Biceps Femoris
4. Brachialis	18. Gluteus Maximus
5. Brachioradialis	19. Gluteus Medius
6. Sartorius	20. Latissimus Dorsi
7. Rectus Femoris	21. External Oblique
8. Vastus Lateralis	22. Internal Oblique
9. Vastus Medialis	23. Rectus Abdominis
10. Vastus Intermedius	24. Pectoralis Major
11. Gastrocnemius	25. Trapezius
12. Soleus	26. Rhomboids
13. Tibialis Anterior	27. Serratus Anterior
14. Iliopsoas	28. Sternocleidomastoideus

Vocabulary

1. Flexion	4. Supination
2. Extension	5. Adduction
3. Pronation	6. Abduction



Student Thesis

- Minimum of 15 pages, typed, 12-point font, double-spaced
- Research paper on any martial arts topic (cleared by the instructor)
- Include references
- Minimize graphs, charts, and pictures

Advanced Competition Requirements:

Brown: 1 empty hand, 1 weapon

Red: 1 empty hand, 1 weapon, 1 sparring

Kung Fu Advanced Levels

At these levels, each student works with the Instructor to develop a “specialization” and a road-map is constructed for training towards that specialization. For example, a student may wish to study more self-defense using Kung Fu principles and methods. He and the Instructor will develop the goals and milestones towards that goal.

Each goal should take between 6-12 months to complete and may result in the development of a “short course”, the writing of a thesis, or teaching in order to demonstrate the knowledge attained.

Topics include, but are not limited to:

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- Kung Fu History
 - Kung Fu Styles Analysis
 - Meditation
 - Buddhism
 - Taoism
 - Qi Meridians
 - Tai Chi Chuan
 - Tai Chi Chuan Applications
 - Chin Na
 - Self Defense using Kung Fu
 - Health Benefits of Kung Fu

During this time, the student will continue to learn the forms of his choice, weapon and empty hand, and show constant improvement on all previous materials.

Kung Fu 2nd Degree Rank Requirements

Time in Grade requirements: Minimum of 3 years

Form Requirements: 9 forms

Sparring / Grappling Requirements: Minimum of 100 hours

Teaching requirements: Minimum of 75 hours teaching

Judging and Referee requirements: Minimum of 6 competitions judging (form and sparring)

Kung Fu 3rd Degree Rank Requirements

Time in Grade requirements: Minimum of 3 years

Form Requirements: 9 forms

Sparring / Grappling Requirements: Minimum of 100 hours

Teaching requirements: Minimum of 75 hours teaching

Judging and Referee requirements: Minimum of 6 competitions judging (form and sparring)

Physical Development

Intermediate

Men

Test	Teens	20s	30s	40s	50s
Pushups	31	26	22	18	14
Sit-Ups	41	37	31	26	20
Horse Stance	1.5 minute	1.5 minute	1.5 minute	1.5 minute	1.5 minute
Flexibility	19"	16"	15"	14"	13"
Cardio	20 squat thrusts in 40 seconds	20 squat thrusts in 40 seconds	20 squat thrusts in 40 seconds	20 squat thrusts in 50 seconds	20 squat thrusts in 50 seconds

Women

Test	Teens	20s	30s	40s	50s
Pushups (Knees)	21	19	18	15	12
Sit-Ups	32	28	22	18	14
Horse Stance	1.5 minute	1.5 minute	1.5 minute	1.5 minute	1.5 minute
Flexibility	21"	13"	12"	11"	10"
Cardio	20 squat thrusts in 40 seconds	20 squat thrusts in 40 seconds	20 squat thrusts in 40 seconds	20 squat thrusts in 50 seconds	20 squat thrusts in 50 seconds

**Advanced
Men**

Test	Teens	20s	30s	40s	50s
Pushups	45	39	33	27	21
Sit-Ups	50	47	40	35	30
Horse Stance	2 min (Brown) 3 min (Red)	2 min (Brown) 3 min (Red)	2 min (Brown) 3 min (Red)	2 min (Brown) 3 min (Red)	2 min (Brown) 3 min (Red)
Flexibility	21"	22"	21"	20"	19"
Cardio	30 squat thrusts in 60 seconds	30 squat thrusts in 60 seconds	30 squat thrusts in 60 seconds	30 squat thrusts in 75 seconds	30 squat thrusts in 75 seconds

Women

Test	Teens	20s	30s	40s	50s
Pushups (Knees)	31	30	29	24	19
Sit-Ups	42	37	30	26	21
Horse Stance	2 min (Brown) 3 min (Red)	2 min (Brown) 3 min (Red)	2 min (Brown) 3 min (Red)	2 min (Brown) 3 min (Red)	2 min (Brown) 3 min (Red)
Flexibility	24"	19"	18"	17"	16"
Cardio	30 squat thrusts in 60 seconds	30 squat thrusts in 60 seconds	30 squat thrusts in 60 seconds	30 squat thrusts in 75 seconds	30 squat thrusts in 75 seconds

Basics

Beginner

	Blocks	Strikes	Kicks	Stances
White	Outer Forearm Inner Forearm Elbow X-Block Coiling Block Slip Block	Jab Cross Reverse Punch Back Fist Hammer Fist Swordhand Spearhand Chop	Back Leg Front Back Leg Rnd Side Kick	Horse Bow Cat Self Defense Attention Salute
Yellow	Slap Block Hook Block Leg Block	Ridgehand	Front Leg Front Front Leg Rnd Jumping Front	Twist
Gold			Front Leg Hook Axe Kick	

Intermediate

	Blocks	Strikes	Kicks	Stances
Green			Crescent Kick Lotus Kick	
Blue			Rear Kick Spinning Rear	
Purple			Jump Crescent 3-Way Kicks	

Advanced

	Blocks	Strikes	Kicks	Stances
Brown		Palm Heel Front Elbow R. Elbow, High R. Elbow, Low	Spinning Hook 3-Way Front Bk Leg Front Sweep	Half Horse
Red			Tornado Kick Combo Bk Leg Back Sweep	

Chin Na

<p style="text-align: center;"><u>White Sash</u></p> <ol style="list-style-type: none"> 1. Straight Wrist Grab, Armlock 2. Straight Wrist Grab, Hammerlock 3. Diagonal Wrist Grab, Wrist Lock 4. Diagonal Wrist Grab, Step Under 5. Double Wrist Grab, Front 6. Double Wrist Grab, Rear 	<p style="text-align: center;"><u>Yellow Sash</u></p> <ol style="list-style-type: none"> 7. Raised Hand Grab 8. Inverted Wrist Grab 9. Shoulder Grab, Side 10. Shoulder Grab, Front 11. Double Front Shoulder Grab 12. Double Rear Shoulder Grab, Bridge
<p style="text-align: center;"><u>Gold Sash</u></p> <ol style="list-style-type: none"> 13. Double Rear Shoulder Grab, Armbar 14. Anticipate the Choke 15. Two Hand Front Choke, Attack One 16. Two Hand Front Choke, Attack Both 17. Two Hand Rear Choke 18. Push 	<p style="text-align: center;"><u>Green Sash</u></p> <ol style="list-style-type: none"> 19. One Arm Rear Choke, Step Around 20. One Arm Rear Choke, Throw 21. One Arm Rear Choke, Gwa Tai 22. Hammerlock 23. Haymaker Punch 24. Jab
<p style="text-align: center;"><u>Blue Sash</u></p> <ol style="list-style-type: none"> 25. Front Kick 26. Roundhouse Kick 27. Crescent Kick 28. Hair Grab, Front 29. Hair Grab, Rear 30. Tackle 31. Headlock 32. Full Nelson 	<p style="text-align: center;"><u>Purple Sash</u></p> <ol style="list-style-type: none"> 33. Chicken Wing 34. Bear Hug, Free In Front 35. Bear Hug, Pinned In Front 36. Bear Hug, Free In Rear 37. Bear Hug, Pinned In Rear 38. Club Overhead 39. Club Diagonal 40. Knife, Stabbing Inward 41. Knife, Stabbing Downward 42. Knife, Slicing 43. Gun, Front High 44. Gun, Front Low

Bones

1. Humerous	11. Tarsals	22. Vertebrae
2. Radius	12. Metatarsals	23. Cervical
3. Ulna	13. Phalanges (Toes)	24. Thoracic
4. Carpals	14. Mandible	25. Lumbar
5. Metacarpals	15. Maxilla	26. Ilium
6. Phalanges (Fingers)	16. Zygomatic	27. Sacrum
7. Femur	17. Temporal	28. Coccyx
8. Patella	18. Parietal	29. Clavicle
9. Tibia	19. Frontal	30. Scapula
10. Fibula	20. Nasal	31. Sternum
	21. Occipital	32. Ribs

Muscles

1. Triceps Brachii	15. Semimembranosus
2. Biceps Brachii	16. Semitendinosus
3. Deltoideus	17. Biceps Femoris
4. Brachialis	18. Gluteus Maximus
5. Brachioradialis	19. Gluteus Medius
6. Sartorius	20. Latissimus Dorsi
7. Rectus Femoris	21. External Oblique
8. Vastus Lateralis	22. Internal Oblique
9. Vastus Medialis	23. Rectus Abdominis
10. Vastus Intermedius	24. Pectoralis Major
11. Gastrocnemius	25. Trapezius
12. Soleus	26. Rhomboids
13. Tibialis Anterior	27. Serratus Anterior
14. Iliopsoas	28. Sternocleidomastoideus

Vocabulary

1. Flexion	4. Supination
2. Extension	5. Adduction
3. Pronation	6. Abduction

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

Chao Chi Liu's Instructor	Wang Chueh-Jen
Basics teach?	Power
Techniques teach?	Teach us to be resourceful
Forms teach?	Demonstration skills, concentration
Sparring teaches?	Spontaneity
History / Philosophy teaches?	Attitude, spirit, concentration, background
Cat Stance	Xi Bu (Shee Boo)
Chi	Breath energy or spiritual energy
Chuan Fa	Fist methods (techniques)
Chen Ta	Forms

Form List

Beginner Form List

Empty Hand Forms	Weapon Forms
<ul style="list-style-type: none"> • Chu Chi Chen (Primary Fist Form) • Chu Chi Chen Dui Lian (Primary Fist Form Two Person) 	<ul style="list-style-type: none"> • Pan Lung Bien Gan (Coiling Dragon Whip Short Staff)

Intermediate Form List

Empty Hand Forms	Weapon Forms
<ul style="list-style-type: none"> • Tzong Chi Chen (Secondary Fist Form) • Lung Chen (Dragon Fist) • Tu Gi (Tiger and Dragon Fighting) • Pa Chi (8 Directional Boxing) • San Shi Er Chuan (32-Hands) • Chin Na Chen Dui Lian (Chin Na Form) • Tzong Chi Chen Dui Lian • Tu Gi Dui Lian • Tai Chi Chuan Short Form 	<ul style="list-style-type: none"> • Long Staff • San Cai Jian (Three Treasures Straight Sword) • Seven Star Golden Treasure Fan • San Cai Jian Dui Lian (Three Treasures Straight Sword Two-Person) • Tai Chi Dao (Tai Chi Broadsword)

Advanced Form List

Empty Hand Forms	Weapon Forms
<ul style="list-style-type: none"> • Mei Wa Chen (Plum Flower Fist) • Lian Wan Tui (Kick Combination) 	<ul style="list-style-type: none"> • Quan Dao (Spring and Autumn Big Knife) • Tien Shan Qiang Fa (Tien Shan Spear) • Mei Wa Darn Dao (Plum Flower Broad Sword)