

White Birch Traditional Martial Arts

# Tien Shan Pai Style Kung Fu: Traditionalist

Rank Requirements

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# KUNG FU RANK REQUIREMENTS

## Kung Fu Intermediate Rank Requirements

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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 Traditionalist.

- 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

	<b>Green</b>	<b>Blue</b>	<b>Purple</b>
<b>Basics</b>	Basics	Basics	Basics
<b>Dynamic Kicking:</b>	Targeting: Must hit target at chosen height	Performance: Must kick with intensity	Creativity: 3 kicks in an intense combination.
<b>Technique</b>	Chin Na 1-24	Chin Na 1-32	Chin Na 1-44, 5 Creative Self Defense Techniques
<b>Form</b>	See below	See below	See below
<b>Sparring</b>	Freestyle Sparring, Fighting Form(s)	Contact Sparring, Fighting Form(s)	2-on-1 Sparring, Fighting Form(s)
<b>Board Breaking</b>	Traditional: 2 point hand and foot break	Progressive: 3 levels with a 2 point technique	Combative: 2 point techniques on 4 stations
<b>Physical Development</b>	Per age below	Per age below	Per age below
<b>Mental Development</b>	History / Philosophy	History / Philosophy	Anatomy: Bones
<b>Competition</b>	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:** Intermediate Empty Hand Form

**Blue:** Intermediate Weapon Form

**Purple:** Any Intermediate Form

#### Intermediate Form List

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

### **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; Benny Briscoe Form; Basic 7 punches; Basic 7 kicks; Breakfalls

**Blue:** 5 sparring classes minimum; The 38 Form; Basic 14 Combinations; Punch Blocks; Kick Blocks; Defensive Movement

**Purple:** 20 sparring classes minimum; The Matador Form; Kick Catches; Takedowns

<b>Basic 7 Punches</b>	<b>Basic 7 Kicks</b>	<b>Breakfalls</b>
1. Jab	1. Front	1. Rear
2. Cross	2. Roundhouse	2. Front
3. Hook	3. Side	3. Side
4. Upper-cut	4. Hook	4. No Arms Front
5. Backfist	5. Spinning Hook	
6. Ridgehand	6. Spinning Rear	
7. Reverse Punch	7. Switch-step Round	

<b>Basic 14 Combinations</b>	<b>Punch Blocks</b>	<b>Kick Blocks</b>
1. Jab, Cross	1. Cuffing / Slap	1. Hook Block
2. Jab, Cross, Hook	2. Arm Block	2. X Block
3. Jab, Cross, Jab, Spin Backfist	3. Shoulder Roll	3. Check
4. Cross, Hook, Upper	4. Check	4. Leg Block
5. Jab, Cross, Upper		5. Arm Block
6. Jab, Cross, Ridgehand		
7. Backfist, Reverse Punch		
8. Back leg front, Jab, Cross		
9. Jab, Cross, Jab, Front leg front		
10. Jab, Cross, Back leg Round		
11. Cross, Hook, Back leg Round		
12. Side kick, Cross, Hook		
13. Jab, Cross, Jab, Spin Hook		
14. Jab, Cross, Jab, Spin Rear		

<b>Defensive Movement</b>	<b>Kick Catches</b>	<b>Takedowns</b>
1. Slip	1. Round Catch Knee Bar	1. Head and Arm Throw
2. Bob and Weave	2. Round Catch Reaping	2. Hip Throw
3. Lean Back	3. Round Catch Shouldering	3. Shoulder Throw
4. Side Step	4. Round Catch Cross	4. Leg Blocking Throw
5. Slide Back	5. Stomp Catch Cut	5. Single Uproot
6. Step Back	6. Stomp Catch Lift	6. Double Uproot
	7. Side Catch Cut	7. Tornado Throw
		8. Lift and Spill
		9. Scissor

**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

<b>Test</b>	<b>Teens</b>	<b>20s</b>	<b>30s</b>	<b>40s</b>	<b>50s</b>
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:**

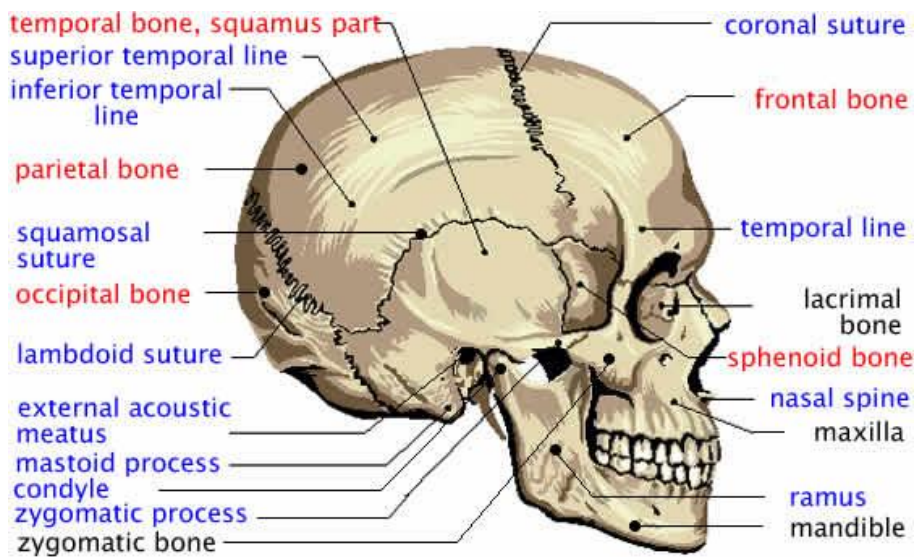
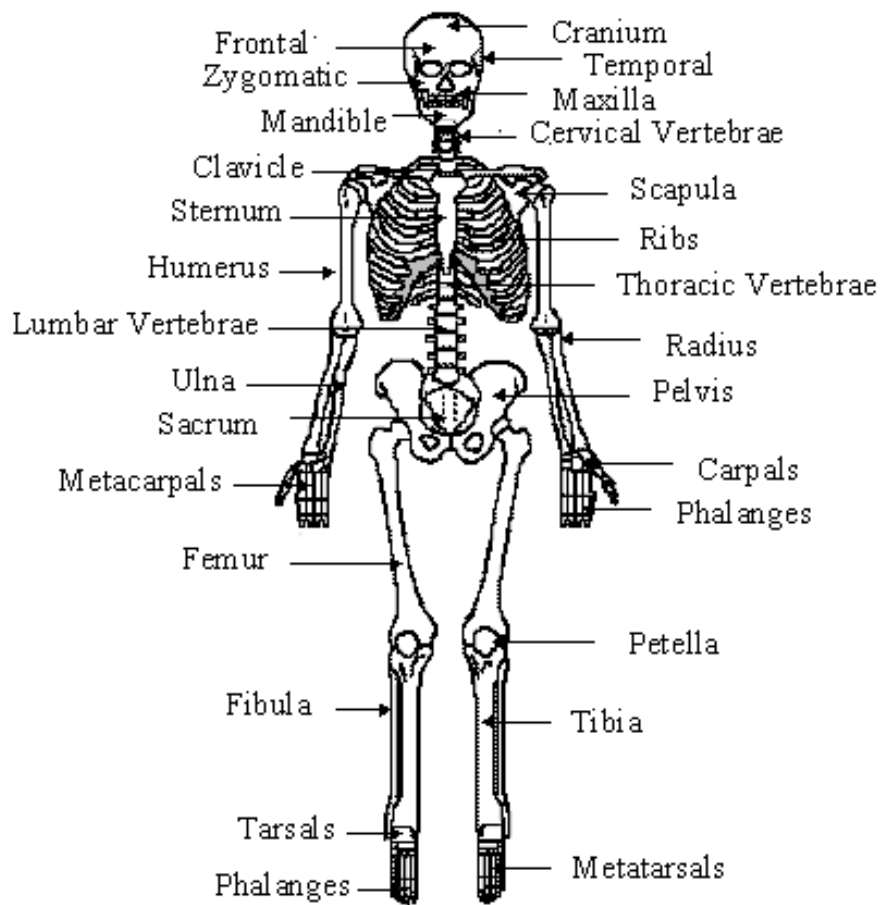
History / Philosophy

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, 1 weapon

**Purple:** 1 empty hand, 1 weapon, 2 sparring

# Kung Fu Advanced Rank Requirements

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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.

	<b>Brown</b>	<b>Red</b>
<b>Basics</b>	Basics	Basics
<b>Dynamic Kicking</b>	Performance: Must kick with intensity	Creativity: 3 kicks in an intense combination.
<b>Technique</b>	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
<b>Form</b>	See below	See below
<b>Sparring</b>	Contact Sparring, Fighting Form(s)	3 2-minute rounds of Contact Sparring, Fighting Form(s)
<b>Board Breaking</b>	Traditional: 3 point hand and foot break	Progressive: 3 levels with a 3 point technique
<b>Physical Development</b>	Per age below	Per age below
<b>Mental Development</b>	Anatomy: Muscles	Paper

### **Advanced Basics:**

	<b>Blocks</b>	<b>Strikes</b>	<b>Kicks</b>	<b>Stances</b>
<b>Brown</b>		Palm Heel Front Elbow R. Elbow, High R. Elbow, Low	Spinning Hook 3-Way Front Bk Leg Front Sweep	Half Horse
<b>Red</b>			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:** Advanced Empty Hand Form

**Red:** Advanced Weapon Form

Advanced Form List

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

**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:** 15 sparring classes minimum; Brown Bomber Form

**Red:** 15 sparring classes minimum; Mike Tyson Form

**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

<b>Test</b>	<b>Teens</b>	<b>20s</b>	<b>30s</b>	<b>40s</b>	<b>50s</b>
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

<b>Test</b>	<b>Teens</b>	<b>20s</b>	<b>30s</b>	<b>40s</b>	<b>50s</b>
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:**

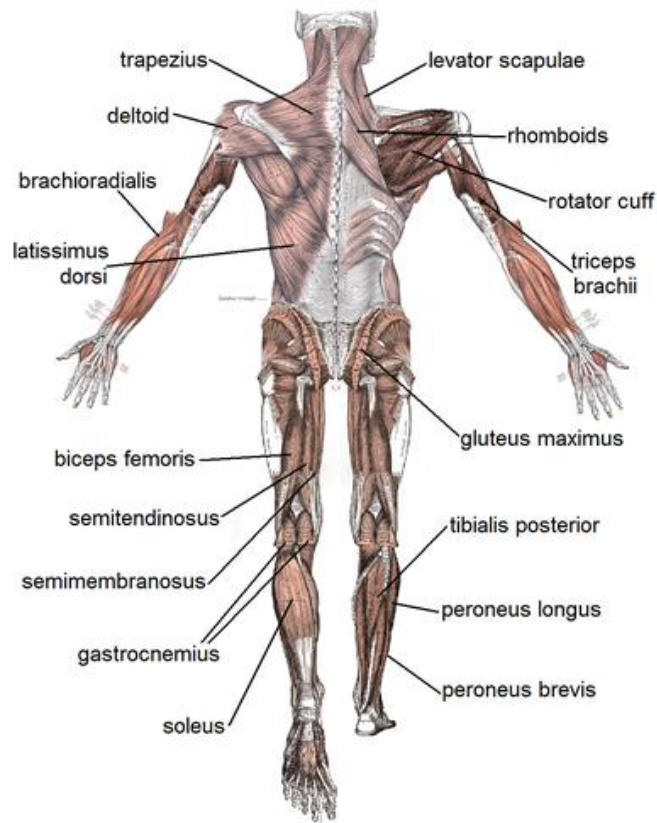
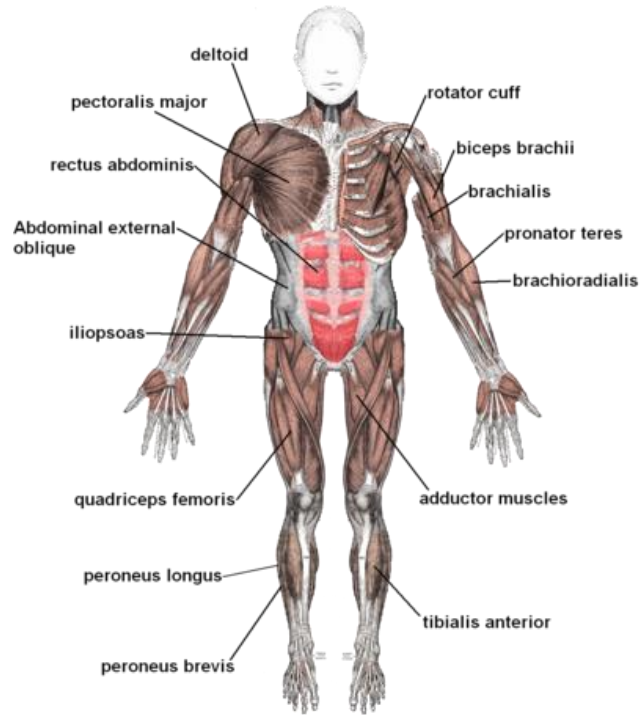
### History / Philosophy


### 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:** No additional requirements

**Red:** No additional requirements

## **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

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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.

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## **Kung Fu 2<sup>nd</sup> Degree Rank Requirements**

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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)

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## **Kung Fu 3<sup>rd</sup> Degree Rank Requirements**

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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)

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# Physical Development

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## 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
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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**

<b>Test</b>	<b>Teens</b>	<b>20s</b>	<b>30s</b>	<b>40s</b>	<b>50s</b>
Pushups	45	39	33	27	21
Sit-Ups	50	47	40	35	30
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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

	<b>Blocks</b>	<b>Strikes</b>	<b>Kicks</b>	<b>Stances</b>
<b>White</b>	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
<b>Yellow</b>	Slap Block Hook Block Leg Block	Ridgehand	Front Leg Front Front Leg Rnd Jumping Front	Twist
<b>Gold</b>			Front Leg Hook Axe Kick	

## Intermediate

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

## Advanced

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

# Chin Na

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



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

## Intermediate Form List

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

## Advanced Form List

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



# Sparring Basics

<p><b>Basic 7 Punches</b></p> <ol style="list-style-type: none"> <li>1. Jab</li> <li>2. Cross</li> <li>3. Hook</li> <li>4. Upper-cut</li> <li>5. Backfist</li> <li>6. Ridgehand</li> <li>7. Reverse Punch</li> </ol>	<p><b>Basic 7 Kicks</b></p> <ol style="list-style-type: none"> <li>1. Front</li> <li>2. Roundhouse</li> <li>3. Side</li> <li>4. Hook</li> <li>5. Spinning Hook</li> <li>6. Spinning Rear</li> <li>7. Switch-step Roundhouse</li> </ol>	<p><b>Breakfalls</b></p> <ol style="list-style-type: none"> <li>1. Rear</li> <li>2. Front</li> <li>3. Side</li> <li>4. No Arms Front</li> </ol>
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<p><b>Basic 14 Combinations</b></p> <ol style="list-style-type: none"> <li>1. Jab, Cross</li> <li>2. Jab, Cross, Hook</li> <li>3. Jab, Cross, Jab, Spin Backfist</li> <li>4. Cross, Hook, Upper</li> <li>5. Jab, Cross, Upper</li> <li>6. Jab, Cross, Ridgehand</li> <li>7. Backfist, Reverse Punch</li> <li>8. Back leg front, Jab, Cross</li> <li>9. Jab, Cross, Jab, Front leg front</li> <li>10. Jab, Cross, Back leg Round</li> <li>11. Cross, Hook, Back leg Round</li> <li>12. Side kick, Cross, Hook</li> <li>13. Jab, Cross, Jab, Spin Hook</li> <li>14. Jab, Cross, Jab, Spin Rear</li> </ol>	<p><b>Punch Blocks</b></p> <ol style="list-style-type: none"> <li>1. Cuffing / Slap</li> <li>2. Arm Block</li> <li>3. Shoulder Roll</li> <li>4. Check</li> </ol>	<p><b>Kick Blocks</b></p> <ol style="list-style-type: none"> <li>1. Hook Block</li> <li>2. X Block</li> <li>3. Check</li> <li>4. Leg Block</li> <li>5. Arm Block</li> </ol>
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<b>Defensive Movement</b>	<b>Kick Catches</b>	<b>Takedowns</b>
<ol style="list-style-type: none"> <li>1. Slip</li> <li>2. Bob and Weave</li> <li>3. Lean Back</li> <li>4. Side Step</li> <li>5. Slide Back</li> <li>6. Step Back</li> </ol>	<ol style="list-style-type: none"> <li>1. Round Catch Knee Bar</li> <li>2. Round Catch Reaping</li> <li>3. Round Catch Shouldering</li> <li>4. Round Catch Cross</li> <li>5. Stomp Catch Cut</li> <li>6. Stomp Catch Lift</li> <li>7. Side Catch Cut</li> </ol>	<ol style="list-style-type: none"> <li>1. Head and Arm Throw</li> <li>2. Hip Throw</li> <li>3. Shoulder Throw</li> <li>4. Leg Blocking Throw</li> <li>5. Single Uproot</li> <li>6. Double Uproot</li> <li>7. Tornado Throw</li> <li>8. Lift and Spill</li> <li>9. Scissor</li> </ol>

# Joe Lewis Fighting Forms

## Benny Briscoe (10 Counts)

Fighter	Coach
1. Left High Block Head, Upper Cut	Right Hook Head, Stomach Block
2. Left Hook Head	Hold for Left Hook Head
3. Cross Head	Hold for Cross Head
4. Right Block Head	Left Hook Head
5. Bob and Weave under Right Hook	Right Hook Head
6. Left Hook Head	Hold for Left Hook Head
7. Cross Head	Hold for Cross Head
8. Left Hook Liver	Hold for Left Hook Liver
9. Left Hook Head	Hold for Left Hook Head
10. Right Roundhouse Kick	Hold for finishing kick

## Short Punch (13 Counts)

Fighter	Coach
1. Jab	Hold for Jab
2. Left Body Block	Left Hook Body
3. Right Body Block	Right Hook Body
4. Right 45	Hold for Right 45
5. Left 45	Hold for Left 45
6. Left Hook Head	Hold for Left Hook Head
7. Bob and Weave under Right Hook	Right Hook Head
8. Left Hook Head	Hold for Left Hook Head
9. Right Cross	Hold for Cross
10. Slip Right	Jab
11. Right Cross	Hold for Cross
12. Left Hook Head	Hold for Left Hook Head
13. Right Roundhouse Kick	Hold for kick

### **The 38 (13 Counts)**

<b>Fighter</b>	<b>Coach</b>
1. Jab	Hold for Jab
2. Deep Slip Left	Jab
3. Deep Slip Right	Jab
4. Right Hook under heart	Hold for Low Right Hook
5. Left Hook Liver	Hold for Low Left Hook
6. Left Hook Head	Hold for Left Hook Head
7. Bob and Weave under Right Hook	Right Hook Head
8. Left Hook Head	Hold for Left Hook Head
9. Right Cross	Hold for Cross
10. Slip Right	Jab
11. Right Cross	Hold for Cross
12. Left Hook Head	Hold for Left Hook Head
13. Right Roundhouse Kick	Hold for kick

### **Shotgun (19 Counts)**

<b>Fighter</b>	<b>Coach</b>
1. Jab	Hold for Jab
2. Slip Left	Jab
3. Slip Right	Jab
4. Double Jab	Hold Right for Double Jab
5. Cross	Hold Right for Cross
6. Slip Right	Jab
7. Slip Left	Jab
8. Left Hook Head	Hold for Left Hook Head
9. Right Cross	Hold for Cross
10. Deep Slip Right	Jab
11. Deep Slip Left	Jab
12. Left step 11 o'clock, Left Hook Liver	Hold for Low Left Hook
13. Slide right foot leftwards to turn opponent	Turn
14. Left Hook Head	Hold for Left Hook Head
15. Right Cross	Hold for Cross
16. Slip Right	Jab
17. Slip Left	Jab
18. Jab moving back	Hold for Jab
19. Right Roundhouse Kick	Hold for kick



### **The Matador (19 Counts)**

<b>Fighter</b>	<b>Coach</b>
1. Jab	Hold for Jab
2. Cross	Hold for Cross
3. Left Hook Head	Hold for Left Hook
4. Left Body Block	Right Low Hook
5. Right Body Block	Left Low Hook
6. Right Uppercut	Hold for uppercut
7. Left Hook Head	Hold for Left Hook Head
8. Right Cross	Hold for Cross
9. Shoulder Roll	Cross to shoulder
10. Right Head Block	Left Hook Head
11. Bob and Weave against a right hook	Right Hook Head
12. Left Hook Head	Hold for Left Hook Head
13. Right Cross	Hold for Cross
14. Slip Right	Jab
15. Slip Left	Jab
16. Duck Left Hook and pivot 90 degrees	Left Hook Head then turn
17. Right Cross	Hold for Cross
18. Left Hook Head	Hold for Left Hook Head
19. Right Roundhouse Kick	Hold for kick
20. Round Catch Knee Bar	Right Roundhouse Kick

### **The Machine Gun (20 Counts)**

<b>Fighter</b>	<b>Coach</b>
1. Jab	Hold for Jab
2. Slip Right	Jab
3. Slip Left	Jab
4. Jab	Hold for Jab
5. Cross	Hold for Cross
6. Slip right while short right slide-step to 2 o'clock	Left Jab
7. Left Hook Head	Right Pad Held at chest for Hook
8. Right Uppercut	Hold for uppercut
9. Bob and Weave Right	Left Hook
10. Bob and Weave Left	Right Hook
11. Left Hook Head	Hold for Left Hook Head
12. Right Cross	Hold for Cross
13. Left Body Block	Right Low Hook
14. Right Body Block	Left Low Hook
15. Right Uppercut	Hold for Uppercut
16. Left Hook Head	Hold for Left Hook Head
17. Right Cross	Hold for Cross
18. Left Hook Liver	Hold for Left Low Hook
19. Left Hook Head	Hold for Left Hook Head
20. Right Roundhouse Kick	Hold for kick
<b>21. Stomp Catch Cut</b>	<b>Right Stomp Kick</b>

### **The Brown Bomber (18 Counts)**

<b>Fighter</b>	<b>Coach</b>
1. Step In, Double Pawing Jab	Hold for Double Jab
2. Step back out, cuff block	Jab
3. Shoulder Roll	Cross to Shoulder
4. Right Cross	Hold for Cross
5. Left Hook Head	Hold for Left Hook Head
6. Right Roundhouse	Hold for kick
7. Shoulder Roll	Cross to Shoulder
8. Right Cross	Hold for Cross
9. Right Body Block	Left Low Hook
10. Left Jab to shoulder	Right Hook Head
11. Right Hook Head	Hold for Right Hook Head
12. Left Step forward/outside, Left Hook Liver	Hold for Left Low Hook
13. Left Hook Head	Hold for Left Hook Head
14. Right Uppercut	Hold for Uppercut
15. Left Hook Head	Hold for Left Hook Head
16. Right Cross Head	Hold for Cross
17. Left Hook Head	Hold for Left Hook Head
18. Left Side Kick	Full step back, Hold for kick

### **Snap Back (17 Counts)**

<b>Fighter</b>	<b>Coach</b>
1. Jab	Hold for Jab
2. Snap Back	Cross
3. Recover, Right Cross	Hold for Cross
4. Slide step to right, right foot	Jab
5. Right Cross	Hold for Cross
6. Left 45	Hold for 45
7. Slip Right	Jab
8. Slip Left	Jab
9. Left 45	Hold for 45
10. Step Left/Right to Left side, Jab	Turn, Hold for Jab
11. Step Left Jab	Turn, Hold for Jab
12. Step Left Jab	Turn, Hold for Jab
13. Right Cross	Hold for Cross
14. Left 45	Hold for 45
15. Sit, Right Cross to Body	Hold double mitts for body shot
16. Left Hook Head	Hold for Left Hook Head
17. Right Roundhouse	Hold for kick

**Mike Tyson (14 Counts)**

<b>Fighter</b>	<b>Coach</b>
1. Crouch, Jab Upwards	Hold right for jab
2. Jab	Hold for jab
3. Crouching slip left	Left mitt jab to head
4. Crouching slip right	Left mitt jab to head
5. Right Hook Heart	Hold for right hook heart
6. Right 45	Hold for 45
7. Bob and Weave Left	Right Hook Head
8. Bob and Weave Right, Step right with right foot	Left Hook Head
9. Right Uppercut	Hold double for right uppercut (right mitt over left)
10. Right Hook Heart	Hold double for right hook heart
11. Left Hook Chest	Hold double for left hook chest
12. Left Hook Head	Hold double for left hook head
13. Step out to reset	
14. Right Roundhouse	Hold for kick
15. Tornado Throw	Step forward with right, right hook

### **The Ali (22 Counts)**

<b>Fighter</b>	<b>Coach</b>
1. (Broken rhythm) Snake-In, Cross	Hold right for cross
2. Left 45	Hold left for 45
3. Rock back to 5 o'clock, circle head clockwise	Jab
4. Rock back to 7 o'clock, circle head counter clockwise	Cross
5. Jab	Hold left for jab
6. Step back	Left Jab
7. Double Jab	Hold right for jabs
8. Spring shuffle-step left	Jab
9. Spring shuffle-step right	Jab
10. Cross	Hold for Cross
11. Left 45	Hold for 45
12. Spring shuffle-step right	Jab
13. Spring shuffle-step left	Jab
14. Left 45	Hold for 45
15. Right 45	Hold for 45
16. Left Hook Head	Hold for Hook
17. Cross	Hold for Cross
18. Left jab, slide rear foot to the left	Hold right for jab, left Jab
19. Left 45	Hold for 45
20. Cross	Hold for cross
21. Jab out	Hold left for jab
22. Side kick	Double mitts for side kick

# ***IKF San Shou Rules***

(<http://www.ikfkickboxing.com/SanShouRules.htm>)

## **General Rules:**

1. Kicks are allowed to the inside and outside of the legs as well as the upper body.
2. Knee and elbow strikes are not allowed. (In some cases, knees may be allowed)
3. All types of Judo & Wrestling Throws are Legal in San Shou.
4. Fighters have 5 seconds after clinch to execute a takedown, throw or sweep or they are separated by the center referee.
5. The bout may take place on either a raised platform with no ropes or in a boxing ring with ropes.

## **Scoring and Judging:**

1. There are 2 aspects of IKF San Shou Scoring. **Stand Up** and **Takedown** scores. Both are ADDED scores by each judge on their scoring "CLICKERS". The Judges track Stand Up scores while the bout referee tracks the Takedown scores.
2. **STAND UP:** Three Judges will score each fighter by each landed strike "1" Point (Punch or Kick) per strike landed clean and with power. Glove to glove contact does not count as points, clash of kicks, and neither does slap punches while in a clinch.
  - o Keep in mind, a kick that lands but is "CAUGHT" by the receiving fighter and the receiving fighter FOLLOWS with a counter that lands effectively, or a throw/sweep that is executed effectively, the kick DOES NOT count as a point.
3. **TAKEDOWNS:** After each throw, takedown, sweep etc, the bout referee will stop the action and award points if earned. To indicate points earned, the referee, after both fighters are standing, will POINT his hand to the fighter who is awarded the points while his other hand is raised high in the air showing the point total with his fingers. He will also yell the point score verbally. These points awarded shall be recorded by each judge on their count "Clickers" in each of their hands to the awarded fighters point total.
4. **IKF JUDGES SCORING**
  - o At the end of each round, each judge will write the TOTAL amount of points for each fighter on their score card. Although the WINNER will only receive "1" point on the MASTER SCORE SHEET kept by the Chief

Ringside Scorekeepers, it is good for review purposes to know the total points each judge scored the bout as.

- At the end of each round, the Chief Ringside Scorekeepers will only give "1" point to the WINNING fighter who is the fighter with the most points in the round. The losing fighter will receive "0" points.
- At the end of the bout, unless the bout was stopped prior to the end of the scheduled rounds (KO, TKO, DQ etc.) the fighter with the most rounds WON will win the bout.

## 5. IKF REFEREE POINTS AWARDED

- **0 Points:**
  - If a fighter attempts a throw and the other fighter pulls him/her down with them, and neither show control. This is the decision of the referee.
  - One opponent uses a falling technique to attack and does not succeed.
  - One opponent uses a flying offensive technique with a deliberately falling technique, the latter will not score a point.
- **1 Point:**
  - If the fighter being thrown uses a throw "COUNTER TECHNIQUE" and reverses the beginning thrower in regards to position of control or command, the fighter who ends up in the controlling or commanding position within a count of "1" after both fighters hit the floor shall receive the 1 point awarded. If both end up side by side, no points shall be awarded.
- **2 Points:**
  - Any knockdown from a strike (Punch or Kick) will award 2 points to the striker as long as the technique (*strike*) is clean and the standing fighter does not touch the ring floor.
  - On such a strike, if the fallen fighter does not require to be given a standing 8 count and rises off the mat quickly after the knockdown, again, this is 2 points.
  - However, if an 8 count is required after a strike drops a fighter, this will be awarded "3" points. See below.
  - Any basic throw that is not high altitude or of extreme skill/difficulty will be awarded 2 points to the thrower. Any time one fighter throws, sweeps or shoves his/her opponent to the floor without the thrower touching the ring floor with anything but his/her feet will be awarded 2 points.
  - The opponent is forced to fall by the competitors techniques, including the competitors deliberately falling while dodging defensively, the standing fighter shall be awarded "2" Points.
- **3 Points:**

- Any **HIGH ALTITUDE** or **EXPLOSIVE, DEVASTATING THROW** shall be awarded 3 points.
- Any knockdown from a strike or any technique that requires the referee to give a fighter a standing 8 count, the fighter not being given the 8 count will receive 3 Points. **The referee will give the standing 8 count first** and then award points as required unless he, the referee elects to stop the bout instead.
- The opponent is knocked down by a dropping sweep where his feet fly out from under him where he lands on his back. It is OK if the sweeper's hands touch the ground.

### Leaving the Ring:

1. If the bout is fought on a platform floor with no ropes, there will be no "PUSHING" of a fighter out of the ring. This will result in a warning, then a point foul, and finally, a disqualification of the pusher.
2. However, if a fighter runs off the platform and is not FIGHTING or DEFENDING as they leave the platform, this will first result in a warning, then 1 point awarded to his/her opponent and, finally, an automatic TKO loss.
3. If a fighter goes off the ring while fighting or defending, the referee will simply begin both fighters again at center ring.

### Winner is Declared:

1. The fighter with the most ROUNDS WON at the end of the bout is the winner OR;
2. If a fighter is knocked out, counted out by the ring referee, receives a TKO (Technical Knockout) or the referee stops the bout because he feels a fighter is not able or should not continue due to safety issues, the other fighter will win the bout OR;
3. Other ways to stop a bout and win a bout can be due to Injury or Disqualification due to Fouls.

### Round Durations:

- Non-Title Bout
  - Number of Rounds: 3 Rounds
  - Round Length : 2 Minutes
  - Rest Period Length: 1 Minute
- Title Bout
  - Number of Rounds: 5 Rounds
  - Round Length : 2 Minutes
  - Rest Period Length: 1 Minute