

# Yang's Martial Arts Association - YMAA

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## Different Levels of YMAA Chin Na

YMAA Chin Na Instructor Qualification Curriculum

### **First Level (12-18 hours):**

Technique #1: White Crane Nods Its Head (Bai He Dian Tou)	白鶴點頭
Technique #2: White Crane Twists Its Neck (Bai He Niu Jing)	白鶴扭頸
Technique #3: Lift the Elbow to Break the Wing (Tai Zhou Ao Chi)	抬肘拗翅
Technique #4: White Crane Covers Its Wings (Bai He Yan Chi)	白鶴掩翅
Technique #5: Hands Embrace a Guitar (Shou Bao Pi Pa)	手抱琵琶
Technique #6: Single Finger Holding (Dan Zhi Wo)	單指握
Technique #7: Multiple Finger Holding (Duo Zhi Wo)	多指握
Technique #8: Butterfly Bores Through the Flowers or Back Turning (Hu Die Chuan Hua or Fan Bei Zhuan)	蝴蝶穿花，反背轉
Technique #9: Double Finger Split (Shuang Fen Zhi)	雙分指
Technique #10: Small Wrap Hand-1 (Xiao Chan Shou-1)	小纏手 - 1
Technique #11: Small Wrap Hand-2 (Xiao Chan Shou-2)	小纏手 - 2
Technique #12: Forward Wrist Press (Qian Ya Wan)	前壓腕
Technique #13: Press the Wrist Up (Shang Ya Wan)	上壓腕
Technique #14: Turning Around Heaven and Earth (Niu Zhuan Qian Kun)	扭轉乾坤
Technique #15: Turning Body Elbow Wrap (Zhuan Shen Chan Zhou)	轉身纏肘
Technique #16: Forward Turning Elbow (Qian Fan Zhou)	前翻肘
Technique #17: Two Children Worship the Buddha (Shuang Tong Bai Fo)	雙童拜佛

### **Second Level (12-18 hours):**

Technique #1: Large Roc Twists Its Wing (Da Peng Ao Chi)	大鵬拗翅
Technique #2: Arm Wraps Around the Neck (Bi Chan Long Jing)	臂纏龍頸
Technique #3: Pressing Shoulder with Single Finger and Extending the Neck for Water (Yi Zhi Ding Jian and Yin Jing Qiu Shui)	一指頂肩，引頸求水
Technique #4: White Crane Bores Through the Bush (Bai He Chuan Cong)	白鶴穿叢
Technique #5: Large Python Turns Its Body (Da Mang Zhuan Shen)	大蟒轉身
Technique #6: Rotating the Sky Post (Niu Zhuan Tian Zhu)	扭轉天柱
Technique #7: Low Finger Press (Xia Ya Zhi)	下壓指
Technique #8: Upward Finger Turn (Shang Fen Zhi)	上分指
Technique #9: Lock and Turn the Joint (Kou Zhuan Jie)	扣轉節
Technique #10: Small Wrap Finger (Xiao Chan Zhi)	小纏指
Technique #11: Large Wrap Hand (Da Chan Shou)	大纏手
Technique #12: Low Inward Wrist Press (Xia Nei Ya Wan)	下內壓腕
Technique #13: Forgive Me for Not Going with You (Shu Bu Tong Xing)	恕不同行
Technique #14: The Child Worships the Buddha (Tong Zi Bai Fo)	童子拜佛
Technique #15: Reverse Elbow Wrap (Fan Chan Zhou)	反纏肘
Technique #16: Upward Elbow Press (Shang Ya Zhou)	上壓肘
Technique #17: Lion Shakes Its Head (Shi Zi Yao Tou)	獅子搖頭
Technique #18: One Post to Support the Heaven (Yi Zhu Ding Tian)	一柱頂天

### Third Level (12-18 hours):

Technique #1: Thumb Press (Mu Zhi Ya)	姆指壓
Technique #2: Small Finger Hook (Xiao Zhi Kou)	小指扣
Technique #3: Small Finger Turning (Xiao Zhi Ban)	小指扳
Technique #4: Up Hook Finger (Shang Diao Zhi)	上刁指
Technique #5: Back Wrap Hand (Fan Chan Shou)	反纏手
Technique #6: Low Outward Wrist Press (Xia Wai Ya Wan)	下外壓腕
Technique #7: Feudal Lord Invites to Dinner (Ba Wang Qing Ke)	霸王請客
Technique #8: Wild Chicken Breaks Its Wing (Ye Ji Ao Chi)	野雞拗翅
Technique #9: The Hero Shows Courtesy (Ying Xiong You Li)	英雄有禮
Technique #10: Carry a Pole on the Shoulder (Jian Tiao Bian Dan)	肩挑扁擔
Technique #11: Hands Holding a Large Beam (Shou Wo Da Liang)	手握大樑
Technique #12: Forward Upward Turning (Qian Shang Fan)	前上翻
Technique #13: Old Man Carries Fish on his Back (Lao Han Bei Yu)	老漢背魚
Technique #14: Look to the Heavens and Shout (Yang Tian Chang Xiao)	仰天長嘯
Technique #15: Force to Bow (Qiang Po Ju Gong)	強迫鞠躬

### Fourth Level (12-18 hours):

Technique #1: Turning Finger Dividing (Zhuan Fen Zhi)	轉分指
Technique #2: Upper Hook Dividing (Shang Diao Fen)	上刁分
Technique #3: Lower Hook Dividing (Xia Diao Fen)	下刁分
Technique #4: Reverse Wrist Press (Fan Ya Wan)	反壓腕
Technique #5: Wild Chicken Spreads Its Wings (Ye Ji Zhan Chi)	野雞展翅
Technique #6: Push the Boat to Follow the Stream (Shun Shui Tui Zhou)	順水推舟
Technique #7: Small Elbow Wrap (Xiao Chan Zhou)	小纏肘
Technique #8: Large Elbow Wrap (Da Chan Zhou)	大纏肘
Technique #9: Prop Up Elbow (Shang Jia Zhou)	上架肘
Technique #10: The Heavens Turn and the Earth Circles (Tian Xuan Di Zhuan)	天旋地轉
Technique #11: Backward Upward Turning (Hou Shang Fan)	後上翻
Technique #12: Turn Back to Seize the Ape (Hui Tou Qin Yuan)	回頭擒猿
Technique #13: Roast Peking Duck (Bei Jing Kao Ya)	北京烤鴨
Technique #14: Twist the Head to Kill a Chicken (Sha Ji Niu Tou)	殺雞扭頭
Technique #15: The Hand Seizes the Dragon's Head (Shou Kou Long Tou)	手扣龍頭

### Fifth Level (12-18 hours):

Technique #1: Control the Dragon's Head (Kou Long Tou)	扣龍頭
Technique #2: Control the Dragon's Tail (Kou Long Wei)	扣龍尾
Technique #3: Send the Devil to the Heaven (Song Mo Shang Tian)	送魔上天
Technique #4: Turn the Body to Seize the Monkey (Fan Shen Qin Yuan)	翻身擒猿
Technique #5: Walk with Me (Yu Wo Tong Xing)	與我同行
Technique #6: Upward Elbow Wrap (Shan Chan Zhou)	上纏肘
Technique #7: Low Elbow Press (Xia Ya Zhou)	下壓肘
Technique #8: Old Man Promoted to General (Lao Han Bai Jiang)	老漢拜將
Technique #9: Left Right Cross Elbow (Zuo You Jiao Zhou)	左右交肘
Technique #10: Old Man Bows Politely (Lao Han You Li)	老漢有禮
Technique #11: Both Hands Seize the Murderer (Shuang Shou Qin Xiong)	雙手擒凶
Technique #12: Twist the Arm and Press the Neck (Niu Shou Ya Jing)	扭手壓頸
Technique #13: The Arm Holds the Dragon's Head (Shou Wo Long Tou)	手握龍頭
Technique #14-25: Leg Qin Na (Tui Qin Na)	腿擒拿

### Sixth Level (12-18 hours):

Technique #1-13: Leg Qin Na (Tui Qin Na)	腿擒拿
Counterattacks and Applications of Qin Na	反攻和應用