

Stage 7: Red Belt to White Stripe

Student: _____

Requirements for First White Stripe

Fighting Forms	Understands and can perform Fighting Form	Can perform Fighting Form quickly with Proper distance	
Fighting Form #1			
Fighting Form #2			
Fighting Form #3			
Fighting Form #4			
Fighting Form #5			
Shang Xia Zhi (Up and Down Limbs)	Understands and can perform techniques	Can perform techniques quickly and with confidence	
Stationary Basic			
Stationary Counterstrike			
Moving Basic			
Moving Counterstrike			
Entire Sequence			
Chin Na (Joint Locks)	Understands and can perform techniques	Can perform techniques smoothly with both sides	
Small Wrap Hand			
Roast Peking Duck			
Feudal Lord Invites to Dinner			
Up Hook Dividing			
Push the Boat to Follow the Stream			
San Shou (Sparring)	Can block 60% or greater and maintain proper distance		
Hand Sparring: attack & defense			