

## Stage 5: Green to Blue Belt

Student:

### Requirements for Blue Belt

<b>Jiben Shou Fa (Basic Hand Strikes)</b>	Understands and can perform handform	Can perform handform without prompting	Can perform handform quickly and with confidence
(Straight Punch)			
(Half Punch)			
(Palm Strike)			
(Hook Punch)			
(Uppercut Punch)			
Pao Chuan (Cannon Punch)			
<b>Block &amp; Strike Combinations</b>	Understands and can perform technique	Can perform technique without prompting	Can perform technique quickly and with confidence
Circle Block and Punch			
Upper Block and Punch			
Parry and Strike			
<b>White Crane Blocks</b>	Understands and can perform block	Can perform block without prompting	Can perform block quickly and with confidence
Double Block Up and Down			
Cover			
Repel			
Downward File			
Low Hook			
One up and One Down			
<b>Stepping Patterns</b>	Understands and can perform step	Can perform step without prompting	Can perform step quickly and with confidence
Crab Walk			
Slip Step			
Full Step			
Crescent Step			
Triangle Step			
<b>Jiben Bai He (White Crane Fundamental Sequence)</b>	Understands and can perform techniques	Can perform techniques without prompting	Can perform techniques quickly and with confidence
<b>Wu De (Martial Moralities)</b>	Written example of any Martial Morality from real life (5 per test)		