

Stage 6: Blue to Red Belt

Student:

Requirements for Red Belt

Lian Bu Quan (Continuous Stepping Sequence)	Understands and can perform techniques	Can perform techniques without prompting	Can perform techniques smoothly with good stances and confidence
Lian Bu Quan Line 1			
Lian Bu Quan Line 2			
Lian Bu Quan Line 3			
Lian Bu Quan Entire Sequence			
Wu De (Martial Moralities) Community Service Project	Completed		
Project Idea			
Project Action Plan			
Project Complete			
San Shou (Sparring)	Can block 60% or greater and maintain proper distance when moving		
Stationary Hand Reaction: defense			
Moving Hand Reaction: Defense			