

Stage 2: White to Yellow Belt

Student:

Requirements for Yellow Belt

<u>Chang Chuan Bu (Longfist Stances)</u> <u>click here for reference video</u>	Understands and can perform stance	Can perform stance without prompting	Can perform stance quickly and with confidence
<u>Ma Bu (Horse Stance)</u>			
<u>Deng Shan Bu (Mountain Climbing Stance)</u>			
<u>Si Liu Bu (Four Six Stance)</u>			
<u>Fu Hu Bu (Tame the Tiger Stance)</u>			
<u>Tun Bu (Swallow Stance)</u>			
<u>Jin Ji Du LI (Golden Rooster Stands on One Leg)</u>			
<u>Xuan Ji Bu (False Stance)</u>			
<u>Zuo Pan Bu (Crossed Leg Stance)</u>			
<u>Qi Lin Bu (Unicorn Stance)</u>			
Tui Fa (Kicking Techniques)	Understands and can perform kick	Can perform kick without prompting	Can perform kick quickly and with confidence
Ti Tui (toe kick)			
Knee Kick			
Wu De (Martial Moralities)	Word memorized		
Humility			
Respect			
Righteousness			
Trust			
Loyalty			
Will			
Endurance			
Perseverance			
Patience			
Courage			