



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)	紐轉乾坤
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

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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