

## 1<sup>st</sup> Grade White Belt – Basic- A (Kungfu Free Hand Exercise)

(Training 60 minute) Minimum of 1 year till next basic

### EXERCISE:

- Head Rotation, Head Side Twist
- Head To And Fro Twist, Forehead Press With Both Hands, Side Press
- Hand Rolling Front And Back, Hand Cross
- Shoulder Rotation
- Wrists Rotation
- Upper Body Twist
- Forward / Backward Bend
- Side Bends
- Squats, Down Drop Stance
- Side Twisting, Hip Rolling, Heel Rise
- Triangle Pose, Warrior Pose
- Tree Pose
- Standing Knee To Chest Balance, Left, Right Leg
- Tiptoe Pose, Nee Rolling
- Hand Forward Twist
- Tree Pose
- Standing Half Bow Balance
- One Leg Forward Band
- Two Leg Forward Band
- Twisted Pose
- Butterfly Pose
- Cobbler's Pose
- Child's Pose
- Cat Stretch
- Tiger Pose
- Downward Facing Dog, Leg Up Dog Pose
- Cobra Pose, Boat Pose
- Locust Pose, Bow Pose
- Both Legs Raised Pose
- Gas Release Pose
- Easy Bridge Pose
- Lower Back Twist
- Sun Rise
- Jumping Jack 5 minute
- One Place Raining 5 minute

### MEDITATION 10 MINUTE

## 2<sup>nd</sup> Grades Yellow Belt – Basic- B (Kungfu Stances)

(Training 30 minute) Minimum of 1year till next basic)

### STANCES:

- Horse stance
- Bow stance
- Cat stance
- Drop stance
- Cross stance

### 5<sup>th</sup> STANCE COMBINATION:

- 5<sup>th</sup> Stance Kungfu Combination

### YOGA

- Hand Stand, Chakrasana, Bakasana, Shirsha -Asana, Vrischika- Asana

### POSITION FIGHT

- Ready Position
- Fighting Stance
- Full Guard
- Rear Guard

### FOOT WORK:

- Switch Step, Front, Back
- Spin Step Front and Spin Step Back
- Shuffle Step Front, Back, Side
- Pivot – Rear Foot and Back Foot
- Slide Step, Front, Back,
- Rear Leg Slide Step and Side Slide - 45

### ARM TECHNIQUES:

- Jab
- Cross
- Hook Punch
- Uppercut
- Back Hammer
- Superman Punch
- Right Hand Hook and Left Hand Hammer
- Parry Jab & Jab

Event: Luhan Quan, **MEDITATION 15 MINUTE**

## 3<sup>rd</sup> Grades Green Belt – Basic- C (Kungfu Leg Techniques)

(Training 30 minute) Minimum of 1 year till next basic)

### LEG TECHNIQUES:

- Front Stretch Kick
- Inside Circle Kick
- Outside Circle Kick
- Side Stretch Kick
- Front Slap Kick
- Roundhouse Kick,
- Side Kick,
- Hook Kick
- Back Kick
- 360 Turning Roundhouse Kick

### SEMI-MMA KICK:

- Axe Kick & Cut Down Kick
- Snap Kick & Inside Crescent Kick
- Roundhouse Kick & Outside Crescent Kick
- Thai Kick & Hook Kick, High Roundhouse Kick
- Led Kick, Back Kick
- Front Kick
- Side Kick
- Roundhouse Kick Counter L 1minit, M 1minit. U 1minit
- Paddling Axe Kick 2minit x 3
- Paddling Roundhouse Kick 2minit x 3
- Knee Strike (Front, Side, Back)
- Spin Kick & 360 Roundhouse Kick
- High Roundhouse Kick

### SEMI-MMA THROW:

- Two Leg, Pressing Forward Throw
- One Leg, Hand Blocking Throw
- One Leg, Leg Blocking Throw
- Outer Circle Sweep
- Thigh Tap
- Inside Leg Trip
- Foot Drag

**Event: Luhan Quan,**

**4<sup>th</sup> Grades Blue Belt – Basic- D (Standing Combo)**  
(Training 20 minute) Minimum of 1 year till next basic)

**STANDING COMBO:**

- Standing Front Punch, 20 Times X 10 Round
- Standing Palm Strict, 20 Times X 10 Round
- Standing Thrust Punch, 20 Times X 10 Round
- Standing Side Hammer, 20 Times X 10 Round
- Standing Upper Salute Both Hand, 20 Times X 10 Round
- Standing Sliding Both Hand, 20 Times X 10 Round
- Standing Hand Rolling Both Hand, 20 Times X 10 Round
- Hammer Fist, 20 Times X 10 Round

**PADWORK:**

- Right Hand Jab, Cross Left Leg Roundhouse Kick
- Jab, Cross, Uppercut & Back Kick
- Double Jab, Cross Punch
- Double Uppercut (Lead Arm and Back Arm)
- Jab, Cross, Lead Kick
- Jab, Cross, Uppercut
- Jab, Cross, Side Kick Mid Level, Back kick
- Jumping Front Kick Lead Back Kick
- Jab, Cross Rolling and Jumping spin Kick
- Jab, Cross Lid Kick, Thai Kick, Snap Kick
- Axe Kick (Lead Outwards), Jab Cross Hook Uppercut
- Front Kick ( Rear, Land Forward) Roundhouse Kick (Rear)
- Jab, Hook Left Hand, Right Hand Uppercut, Front Kick & Back Kick
- Double Roundhouse Kick Jump Cross Punch

**STMINA:**

- Jumping jack 5mint x 3 Round
- Spot Running 5mint x 3 Round
- Full Contact Fight 5mints x 3Round
- 10 Mints, Non Stop Kick
- 10 Mints Non Stop Punch
- 1400 Meter 4 mints, Long Jump 12 feet, High Jump 4 feet

**Event: 36<sup>th</sup> Shaolin Stick, MEDITATION 10 MINUTE**

## 5<sup>th</sup> Grade Red Belt – Basic- E (Kungfu Free Hand Exercise)

(Training 30 minute) Minimum of 1 year till next basic)

### MIX COMBO:

- Horse Stance Middle Punch, 20 Times X 10 Round
- Both Side Down Cross Stance Middle Punch, 20 Times X 10 Round
- Bow Stance Front Side View Punch Both Side, 20 Times X 10 Round
- Both Side Bow Stance Palm Stick Middle Punch, 20 Times X 10 Round
- And One Count Should Be Doubled, 20 Times X 10 Round
- Horse Stance Side Hammer Both Side And Bow Stance Side View Punch Both Side, 20 Times X 10 Round
- IKCkungfu Upper Salute Middle Punch Horse, 20 Times X 10 Round
- KCkungfu Back Hand Both Side, 20 Times X 10 Round
- IKCkungfu Both Side Sliding, 20 Times X 10 Round
- Drop Stance Hit Both Side Hand Rolling, 20 Times X 10 Round
- Bow Stance Elbow Stick & Hit The Nose And Horse Stance Palm Stick Both Side, 20 Times X 10 Round

### PADWORK:

- Axe Kick (Lead Outwards), Jab Cross Hook Uppercut
- Front Kick ( Rear, Land Forward) Roundhouse Kick (Rear)
- Jab, Hook Left Hand, Right Hand Uppercut, Front Kick & Back Kick
- Double Roundhouse Kick Jump Cross Punch
- Jab, Cross, Roundhouse Kick, Hook Kick Same Leg
- Jab, Hook & Cross Spin Kick
- Jab, Cross Punch, Snap Kick Back Leg Coming Forward, Back Kick
- Sliding Double Jab, Reverse Kick
- Jab, Cross Punch, One Step Front Kick

### SHADOW:

- 5 Mints Non- Stop Kick & Punch Shadow 5 Round 3 Mints

### FULL CONTACT FIGHT:

- 5 Mints 3 Round

Event: Wu Long Dao Shaolin Broad Sword

## MEDITATION 30 MINUTE

## 6<sup>th</sup> Grade Brown Belt – Basic- F (Long Fist Combo)

(Training 30 minute) Minimum of 1 year till next basic)

### IKCkungfu LONG FAST COMBO:

- After Hitting The Hammer Fist, Horse Stance Hammer Should Be Hit With Both Hands, Hit the Ground by Hand Rolling.
- Hammer Fist and Back Side Bow Stance Elbow Hit and Down Drop Stance Open Hand
- Hammer Fist and Stamp Kick by Forwards Hand Rolling, Hammer Fist Backwards,
- Hammer Fist and Double Side Hammer on Horse Stance Grown hits by Rotating Hand, Bow Stance Right Side Double open Hand and Left Leg Cross Hand Cross with leg behind and the Body Arms Together Lolling Trans the Bow Stance to the Left Side, Upper Salute and Middle Punch in the Previous Position.
- Hammer Fist with Right Leg Back Hits Right Leg Up, and Double Punch on Left Leg Front Bow Stance a Double hit to the Right Side Immediately Bow Stance.
- Steps towards the Front Out to in kick and Jump Tiger Claw Hit the Ground than Stamp Kick Hammer Fist Back Elbow Hit down Drop Stance.

### FITNESS:

- 150x Press Ups, 150x Sit-Ups, 200x Squat

### ARM TECHNIQUES:

- Standing Jab & Stepping Jab, Cross
- Double Jab, Cross Punch

### FULL CONTACT KICKS:

- High Roundhouse Kick
- Reverse Kick
- Back Kick, Side Back Kick
- Double Roundhouse Kick
- Triple Roundhouse Kick
- Front Skip Roundhouse Kick
- Skipping Step Roundhouse Kick
- Front Skip Roundhouse Combo Roundhouse Kick
- Front Kick Como Roundhouse Kick

### SELF DEFENSE:

- Inside Foot Sweep, Outside Foot Sweep

## 7<sup>th</sup> Grade Black Belt – Basic- G (Kungfu Sweeps/ Jump Kick)

(Training 120 minute) Minimum of 1 year till next Black 1<sup>st</sup> Dan Black Belt)

### **SWEEPS & KICK:**

- Front Sweep
- Back Sweep
- Hand Stand
- Cartwheel
- Butterfly Kick
- Lotus Kick
- Flying Front Kick
- Jump Inside Kick

### **SEMI-MMA KICK**

- Front Skip Roundhouse Kick
- Skipping Step Roundhouse Kick
- Front Skip Roundhouse Combo Roundhouse Kick
- Front Kick Como Roundhouse Kick
- 360 Roundhouse Kick (Turning Roundhouse Kick)
- Jump Roundhouse Kick
- 540 Reverse Kick ( Tornado )
- Roundhouse Kick Reverse Combo Reversed Kick
- Roundhouse Kick Combo Double Snap Combo 360 Snap

### **SEMI-MMA THROW:**

- Intercept Foot Sweep
- Bulldoze
- Body Lock Shoulder Toss
- Package Toss
- White Crane Hip Bump
- Knee Drag
- Capture Cradle Slam
- Face planter
- Bonus: Leg Scissors Sweep

**Event: Luhan Quan, 36th Shaolin Stick, Wu Long Dao Shaolin Broad Sword**

**MEDITATION 45 MINUTE**