

Wang's Martial Arts

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BLACK BELT (3rd) REQUIREMENTS **(For Ages 15 - 50 Years Old)**

A. BASIC STANCES

- * 1. Teng-shan stance (Mountain Climbing stance)
- * 2. Chi-ma stance (Horse Riding stance)
- * 3. Hsiao teng shan (Small Mountain Climbing stance)
- * 4. Tsao peng, Yu peng (Cross stance)
- * 5. Hsu shih (Cat stance)
- * 6. Tu li (Single leg stance)

B. BASIC PUNCHES & HAND STRIKES

- * 1. Center punch
- * 2. Three punches
- * 3. Grab & punch
- * 4. Spear hand
- * 5. Palm hill
- * 6. Willow palm
- * 7. Leopard fist
- * 8. Center punch, back fist
- * 9. Vertical punch
- * 10. Elbow strikes

C. BASIC BLOCKS

- * 1. Down block
- * 2. Center block
- * 3. Forearm block
- * 4. High block
- * 5. Side block
- * 6. Cross block

D. KICKING

- * 1. Knee kick
- * 2. Front kick
- * 3. Roundhouse kick
- * 4. Side kick
- * 5. Inside crescent kick
- * 6. Outside crescent kick
- * 7. Front & roundhouse kick (separate feet)
- * 8. Front & side kick (separate feet)
- * 9. Front, roundhouse & side kick (separate feet)
- * 10. Skip front kick
- * 11. Skip roundhouse kick
- * 12. Skip side kick
- * 13. Front, roundhouse kick (same leg)
- * 14. Front, side kick (same leg)
- * 15. Front, roundhouse, side kick (same leg)

E. BASIC MOVEMENTS

- * 1. One step one punch
- * 2. One step three punches
- * 3. Down block & punch
- * 4. Forearm block & punch
- * 5. High block, kick & punch
- * 6. Center block, reverse, punch kick & punch
- * 7. Hsiao teng-shan & punch
- * 8. Chi-ma & punch
- * 9. Skip punch

F. BASIC TECHNIQUES

- * 1. Neck strike and punch
- * 2. Neck strike, front kick and punch
- * 3. Front kick, roundhouse kick, and back fist
- * 4. Side step, block, front kick and punch
- * 5. Side step, grab, roundhouse kick and punch
- * 6. Side step block & grab, side kick, roundhouse kick & punch
- * 7. Forearm block, punch, take down & punch
- * 8. Skip front kick & punch

G. SELF DEFENSE TECHNIQUES

- * 1. Wrist grab (same side): break, knife hand, grab neck & knee kick
- * 2. Wrist grab (same side): pressure to wrist
- * 3. Wrist grab (same side): pressure to elbow
- * 4. Wrist grab (cross): pressure to wrist
- * 5. Wrist grab (two hand): pressure to wrist
- * 6. Hair grab
- * 7. Shoulder grab
- * 8. Collar grab
- * 9. Belt grab
- * 10. Back Bear Hug

H. SPARRING TECHNIQUES

- * 1. Back fist
- * 2. Ridge hand strike
- * 3. Back fist, reverse punch
- * 4. Skip front kick, back fist, reverse punch
- * 5. Skip roundhouse kick, back fist, ridge hand strike
- * 6. Skip side kick, grab, ridge hand strike
- * 7. Skip front, roundhouse (same foot), back & ridge hand strike (same hand), ridge hand strike, punch
- * 8. Inside, outside, roundhouse (same foot), back, reverse punch

I. ADVANCED KICKING

- * 1. Front kick, roundhouse kick, inside crescent kick, turn side kick
- * 2. Front kick, back kick
- * 3. Front kick, back kick, side kick
- * 4. Jump inside crescent kick
- * 5. Front kick, side kick, jump crescent kick

J. FORMS

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|--------------------|-----------------|-------------------|---------------------|--------------------------|
| * 1. Basic form #1 | * 3. Tan tui #1 | * 10. Lui shou #1 | * 14. Duan chuan #1 | * 18. Lien shou chuan |
| * 2. Basic form #3 | * 4. Tan tui #2 | * 11. Lui shou #2 | * 15. Duan chuan #2 | * 19. Ching kang chuan |
| | * 5. Tan tui #3 | * 12. Lui shou #3 | * 16. Duan chuan #3 | * 20. Po shou chuan |
| | * 6. Tan tui #4 | * 13. Lui shou #4 | * 17. Duan chuan #4 | * 21. Kai lu chuan |
| | * 7. Tan tui #5 | | | * 22. Tai Chi (Part I) |
| | * 8. Tan tui #6 | | | * 23. Tai Chi (Part II) |
| | * 9. Tan tui #7 | | | * 24. Tai Chi (Part III) |

K. TWO MAN SETS

- | | |
|------------------------------|------------------------------|
| * 1. Two man set Lui shou #1 | * 2. Two man set Lui shou #2 |
| * 3. Two man set Lui shou #3 | * 4. Two man set Lui shou #4 |

L. WEAPONS

- * 1. 3 Kinds

M. THESIS ON KUNG FU

N. FREE SPARRING

O. DUI SHOU

- | | |
|-----------------------------------|--|
| * 1. Arm block and punch | * 4. Arm block, front kick and skip front kick |
| * 2. Arm block and elbow pressure | * 5. Arm block and front sweep |
| * 3. Arm block and front kick | |

P. SHAO WU SHOU

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- **Term Paper (10 pages).**
 - Maintain 2-3 lessons per week - including
 - One regular class per week
 - One Saturday Red/Brown/Black class per week (Free)
 - One guest instructor class per month (Free)
 - One inner-school tournament.
 - One open tournament.
 - Chinese New Year event.
 - Community service