

## **Wang's Martial Arts**

92-B Wilson Road ~ Humble, TX. 77338 ~ Harris County  
Phone (281) 548-1688 ~ (281) 548-1638 ~ (281) 682-3387, Email: wang3888@embarqmail.com  
Web-Site: www.WangsMartialArts.com

### **RED/Stripe BELT REQUIREMENTS** **(For Ages 5 - 8 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. Chang ding shih (L stance)
- \* 6. Hsu shih (Cat stance)
- \* 7. Pu tui stance
- \* 8. 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. Center block & punch
- \* 5. Forearm block, & punch
- \* 6. High block kick & punch
- \* 7. Hsiao teng-shan & punch
- \* 8. Chi-ma & punch
- \* 9. Skip punch
- \* 10. Center block, reverse, punch kick & 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. 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

## **H. 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

## **I. FORMS**

- |                    |                     |
|--------------------|---------------------|
| * 1. Basic form #1 | * 7. Duan chuan #1  |
| * 2. Basic form #3 | * 8. Duan chuan #2  |
| * 3. Tan tui #1    | * 9. Duan chuan #3  |
| * 4. Tan tui #2    | * 10. Duan chuan #4 |
| * 5. Tan tui #3    | * 11. Po shou chuan |
| * 6. Tan tui #4    |                     |

## **J. WEAPONS**

- \* 1. 1 Kinds

## **K. FREE SPARRING**

## **L. DUI SHOU**

- \* 1. Arm block and punch
- \* 2. Arm block and elbow pressure
- \* 3. Arm block and front kick

## **M. Shao Wu Shou**

- \* Requirement for Brown Belt Test

- 
1. Maintaining 2 - 3 lessons per week.  
2 minimum Red, Brown and Black class on Saturday per month.
  2. Chinese New Year Award Banquet project.
  3. One inner-school tournament before test.
  4. All A's or A & B report card (Conduct E & S above).