

## **Wang's Martial Arts**

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### **BROWN BELT REQUIREMENTS** **(For Ages 15 - 80 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 & punch
- \* 6. Center block & punch
- \* 7. Center block, reverse, punch kick & punch
- \* 8. Hsiao teng-shan & punch
- \* 9. Chi-ma & punch
- \* 10. Skip punch
- \* 11. High block, 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. 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 | * 9. Lui shou #1  | * 13. Duan chuan #1 | * 17. Po shou chuan |
| * 2. Basic form #3 | * 4. Tan tui #2 | * 10. Lui shou #2 | * 14. Duan chuan #2 | *18. Chin Kan Chuan |
|                    | * 5. Tan tui #3 | * 11. Lui shou #3 | * 15. Duan chuan #3 |                     |
|                    | * 6. Tan tui #4 | * 12. Lui shou #4 | * 16. Duan chuan #4 |                     |
|                    | * 7. Tan tui #5 |                   |                     |                     |
|                    | * 8. Tan tui #6 |                   |                     |                     |

## **K. TWO MAN SETS**

- \* 1. Two man set Lui shou #1
- \* 2. Two man set Lui shou #2

## **L. WEAPONS**

- \* 1. 2 Kinds

## **M. FREE SPARRING**

## **N. DUI SHOU**

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

## **O. SHAO WU SHOU**

\* Requirement for Brown/Stripe Belt Test

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1. Participate one Brown & Black belt test before.
2. Maintaining 1 - 2 lessons per week. Assisting young student class 1 per week.  
2 minimum Brown and Black class per month.
3. Chinese New Year Award Banquet project.
4. One inner-school tournaments before test.