
Wang's Martial Arts

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RED/Stripe BELT REQUIREMENTS **(For Ages 9 - 14 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
- * 2. Basic form #3
- * 3. Tan tui #1
- * 4. Tan tui #2
- * 5. Tan tui #3
- * 6. Tan tui #4
- * 7. Tan tui #5
- * 8. Duan chuan #1
- * 9. Duan chuan #2
- * 10. Duan chuan #3
- * 11. Duan chuan #4
- * 12. Po shou chuan

J. WEAPONS

- * 1. 1 Kind

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 all E's or E & S).