



BLUE BELT

5TH KYU

Kung Fu Lore - Acolyte

Teaching: Nimbleness and Dexterity

Defense Techniques

- Turning The Handle (a,b)
- Bridging The Gap
- Advancing Phoenix (a,b)
- Two Headed Serpent
- Reversing Grasp (a,b)
- Reaching For The Moon (a,b)
- Flashing Daggers
- Bending The Limb
- Wrap Around (a,b,c,d)
- Crouching Falcon
- Darting Serpent (a,b)
- Silk Wind
- Spreading The Leaves
- Crossing The Lock
- Darkness

Defense Techniques

- Spinning From The Sun
- Folding Wings
- Vise
- Swinging Gate
- Stretching The Bow (a,b)
- Arcing Blades
- Circle Of China
- Silent Escape
- Returning Viper
- Returning Thunder
- The Serpent
- Broken Staff
- Circling Serpent
- Chinese "L" Choke
- 5 Swords

Katas

Monkey (Short 3)

Lesson: ①②③④⑤⑥
Know: ①②③④⑤⑥

Wise Monkey (Long 3)

Lesson: ①②③④⑤⑥⑦⑧
Know: ①②③④⑤⑥⑦⑧

Kicks

- Jump Front Snap
- Shuffle Hook – 4
- Spinning Hook – 2
- Spinning Rear
- Defensive Shuffle Side/Wheel - 4

Hand Forms

- Willow Leaf
- Crane
- Ox Bow

Basic Motions

- Crossing Motions, Two Phase
- Shuffle Motions, Four Phases
- Step Thru Open Hand Cover
- Step Thru Knife Hand, Short Punch
- Switch Step
- Shuffle Back Fist, Four Phases
- Front Shuffle Side Fist, Four Phases
- Double Shuffle
- Upward Block, Inverted Punch
- Spinning Back Fist

Combinations

- Back Hand – Ridge Hand
- (SB) Spear Hand – Knife Hand
- (SB) Ridge Hand – Knife Hand
- (SB) Palm – Spear Hand
- Back Hand – (SB) Palm
- Spinning Side – Spinning Rear
- Shuffle Rear – Spinning Rear
- Shuffle Hook – Front Spinning Hook
- Shuffle Hook – Back Spinning Hook
- Spinning Wheel – Back Spinning Hook

Print out and use the to track progress. Fill out the first circle to indicate you have completed the lesson. Fill in the second circle once you are confident with the movement. Fill in the circles for each Kata Portion under the Kata's name as you learn them.