



ORANGE BELT

7TH KYU

Kung Fu Lore - Novice

Defense Techniques

- Attacking Circle
- Sumo (a,b)
- Japanese Strangle Hold
- Blocking The Kick (a,b,c)
- Headlock (a,b,c)
- Crash Of The Eagle
- Grasping Talon (a,b)
- Tackle Techniques (a,b,c)
- Dancer
- Opponents At Sides (a,b,c,d)
- Passing The Horizon (a,b,c)
- Kimono Grab
- Lever (a,b,c)
- Crashing Elbow (a,b)
- Heelhook

Kata

Iron Horse

Kicks

- Direct Hook
- Shuffle Wheel – 4 Phases
- Spinning Wheel – 2 Phases
- Crossing Wheel
- Crossing Rear

Basic Motions – Horse Stance

- Step Thru Downward Block
- Step Thru Inward Block
- Step Thru Punch Moving
- Step Thru Upward Block
- Step Thru Outward Block

Teaching: Internal Strength and Nobility

Defense Techniques

- Bridge
- Eagle's Beak (a,b)
- Front Bear Hug (a,b,c,d,e)
- Scimitar
- Breaking The Cross
- Aiming The Spear
- Raising The Staff (a,b)
- Lowering The Gate
- Rocking Elbow
- Reverse Hammerlock (a,b)
- Anvil (a,b,c,d)
- Knee Lift
- Crane Leap (a,b,c)
- Driving Elbows (a,b)
- Crossing Guard

Kata Portions

Lesson: ① ② ③ ④ ⑤ ⑥ ⑦ ⑧
Know: ① ② ③ ④ ⑤ ⑥ ⑦ ⑧

Hand Forms

- Knife – 8
- Ridge – 5
- Back
- Palm – 3
- Spear – 2

Combinations Drills

- Snap – Rear (2)
- Snap – Wheel
- Snap – Side (2)
- Snap – Hook
- Snap – Side – Rear (2)
- Low – High Wheel (2)
- Shuffle Wheel – Crossing Rear
- Shuffle Wheel – Spinning Wheel
- Shuffle Wheel – Crossing Wheel
- Wheel of Fire

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.