



KICK PUNCH FU White Belt Requirements



1. Technique :

- a. Punches Jab –Front hook –Front uppercut -Cross – Rear hook –Rear uppercut
- b. Stances Bow stance - Drop stance - Empty stance - Half horse stance - Horse stance - Resting stance - Crossed legged sitting stance - T stance
- c. Kicks Front kick –Front slap kick –Outside crescent (Lotus) kick – Snap kick – Side kick –Inside crescent kick –Heel kick –Side heel kick
- d. Kick Punch Fu movements Swing arms –Drop stance spear palm –Horse stance punch – Waist turn –Bow stance punch
- e. Throws: 1 technique , 1 lock and block.

2. Fitness Level : Should be examined for 5 minutes on all basic fitness criteria's according to examiner specs based on student age and general fitness level.

3. Knowledge and information : 5 questions about KICK PUNCH FU and different type martial arts(oral/written)

4. Sequence Dynamic Demonstration : 1 technique basic land gymnastic , Musical Forms , Self-defense forms

5. Fighting ability : 3 rounds each for 1 minute