

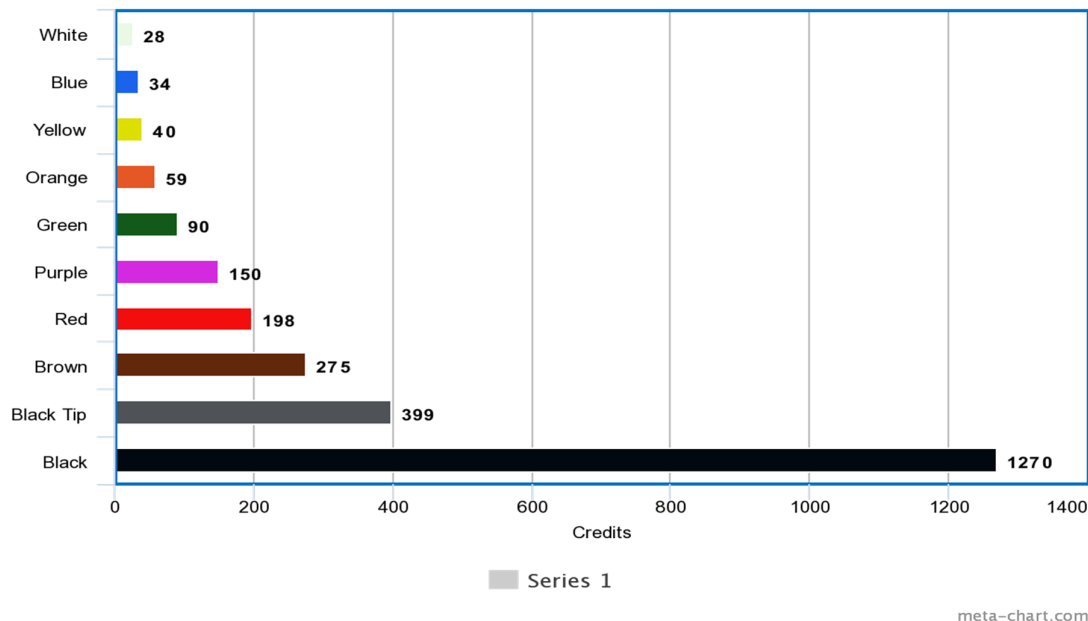
Guidelines to Junior Sash (Belt) Testing

We are part of Yangs Martial Arts Association International (YMAA) Our junior program consists of 10 graded ranks. On completing a grade, a coloured Kung Fu Sash will be awarded and must be worn at class.

We continually assess our members with credits and Merits awarded on their journey to each rank.

Credits are awarded when a student attends class and can perform a single element of the grade to a high standard. The credit will be marked on the students Grade practice sheet which should be brought to class when they wish to be assessed.

Please note: each grade is weighted in its difficulty with the total credits for each grade increasing as the belt program progresses.



Merit badges are awarded on successfully completing a section of the full grade requirements. Generally, at midterm and end of term we run formal assessments in class for Merits and if qualified, belts.

Once a member has earned 3 Merits for their grade and can perform the additional elements, they can present to test for their next rank and if successful will be awarded their Kung Fu Sash (cost €10) at the next scheduled testing.

Other opportunities to test – Easter, Summer and Halloween Camp. Sash is free if earned at camps 😊

The Program is divided into 3 Stages:

Stage 1 is White to Green (White, Blue, Yellow, Orange, Green)

Stage 2 is Purple and Red (YMAA Level 1)

Stage 3 is Brown, Black Tip (YMAA Level 2) and Black Sash

Grades and requirements

White Sash (Foundation Belt 1)

For White the Merits are:

- **Etiquette**, present in full uniform (club tee shirt and trousers) at each class, follow our academy rules and be able to perform the Sun and Moon greeting and the Shaolin Bow.
- **Stances and movement**, perform low ma bu, si li bu (fighting stance) and deng San bu and hopping forward and backwards with Jab, cross combination.
- **Kicking and Punching** - Perform with clean crisp technique with good balance and focus:- Ping chuan, li chuan, ti twe and ding twe.

Additional Elements for this grade:

Defend against front strange

Defend against headlock

Count to 10 in mandarin Chinese

Pass the fitness test

Blue Sash (Foundation Belt 2)

For Blue the Merits are:

- **Stances and movement**, perform moving stances transitioning from low ma bu,) to deng San bu to Dsao Pan bu. Hopping forward and backwards Jab, cross combination. Hop forward jab, cross, left hook, right upper cut combination with pivot step.
- **Kicking and Punching** - Perform with clean crisp technique with good balance and focus:- Gao chuan, Shang Gao chuan, Li twe, Nei Bai twe and Wai Bai twe. Ti twe,/Ding twe kick combination.
- **C.M.A,A,P.** Defend against jab cross attack (2 methods), defend against low kick, defend and escape various wrist grabs.

Additional Elements for this grade:

Say Hello, thank you & Good bye in Mandarin Chinese

Pass the fitness test

Yellow Sash (Wisdom Belt)

For Yellow the Merits are:

- **Stances, movement, Taolu** - Ma Bu Deng San Bu waist training, Dsao Pan Bu, Cross Stepping, Spring back, Tan Tui No 1

- **Kicking and Punching** – 1 Round of padwork and Bian tve – 4 versions

- **C.M.A,A,P.** Under hook and Over Hook drill,
fight for double under hooks,
defend double unders, take the back,
defend the back attack.

Additional Elements for this grade:

White Crane greeting

Know about our school's lineage and Masters

Pass the fitness test

Orange Sash (Awesome Belt)

For Orange the Merits are:

- **Stances, movement, Taolu** – Pendulum stepping with kick, technical Standup, Gin Gu Du Li, Qi Lin Bu, Deng san bu with punches, Tan Tui No 2, Tan Tui No 5

- **Kicking and Punching** – Zhou Ji, Gao Tve, Ping ce tve, Dragon Whips its tail and Nei Bai tve/Wai Bai tve kick combination

- **C.M.A,A,P.** Defend against Guillotine Choke,
2 takedowns from neck clinch,
6 punch attack and defence,
Defence and counters against low leg kicks,
Controlled touch sparring

Additional Elements for this grade:

Know about Kung fu Styles

Pass the fitness test

Green Sash (Graduation Belt)

For Green the Merits are:

- **Stances, movement, Taolu** – All Long fist Stances, Cross stepping plus, sense of distance kicking drill, Tan Tui No 9, Tan Tui No 10, Luan Bu Chuan 1st part, Shadow fighting, Padwork,
- **Kicking and Punching** – Superman Punch, Tornado kicks both directions, Side kicks and back kicks
- **C.M.A,A,P.** Kick catches, defence against all grabs, controlled light sparring

Additional Elements for this grade:

Know about Martial Moralities
Pass the fitness test

Purple Sash (Royalty Belt)

For Purple the Merits are:

- **Stances, movement, Taolu** – White Crane moving stances, Tan Tui No 3, Tan Tui No 6, Luan Bu Chuan 1st and 2nd part, Grappling transitions, falling skills
- **Kicking and Punching** – Machine Gun kick, long knee, Side kick - back kick combo, bag work, fighting forms 1 and 3, Shang Xia Ztu 1st part
- **C.M.A,A,P.** defence against all grabs when surrounded, skilled sparring, cha and lu wrestling techniques, Chin Na, Skilled defensive Sparring

Additional Elements for this grade:

White Crane Greeting

Red Sash (Honour Belt)

For Red the Merits are:

- **Stances, movement, Taolu** – Tan Tui No 4, Tan Tui No 7, Luan Bu Chuan, advanced stepping shadow fighting
- **Kicking and Punching** – advanced shadow fighting, round kick- dragon whips its tail combo, iron broom/spinning top, fighting forms, Shang Xia Ztu

- **C.M.A,A,P.** Chin Na, Well rounded skill-controlled Sparring, Wen and Bao Tui Wrestling techniques

Additional Elements for this grade:

Long Fist Bow

Brown Sash (Endurance Belt)

For Brown the Merits are:

- **Stances, movement, Taolu** – Advanced Padwork, Ground movements, Tan Tui No 8, Tan Tui No 11, Gong Li Chuan routines, Staff fundamentals

- **Kicking and Punching** – Kick Combination, Level 2 Fighting forms no 3 and 4

- **C.M.A,A,P.** Chin Na, Chin Na against under hook and neck clinch, Well rounded Sparring demonstrating your favourite striking and takedown techniques, Level 2 Chin Na, Applications of Luan Bu Chuan, Shou Bie Zi, Xaoi de Wrestling techniques, Short defences 1 - 5

Additional Elements for this grade:

Greeting with a Staff

Black Tip (Qualification Belt)

For Black Tip the Merits are:

- **Stances, movement, Taolu** –Tan Tui No 12, Tan Tui No 13 and Tan Tui No 4, Gong Li Chuan, Qi Mei Guin

- **Kicking and Punching** –Level 2 Fighting forms no 1, 2 and 5

- **C.M.A,A,P.** Chin Na, Well rounded Sparring demonstrating your own style, Level 2 Chin Na, Applications of Shang Xia Tzu, Defence against Kicks, Short defences 6 - 10

Additional Elements for this grade:

Greeting with a Staff

Black Sash (1st degree Black Belt)

Customised Requirements will be presented to each member at this level