

Sunny Tang Martial Arts Centre					
WUSHU Program/Curriculum Overview					
Beginner (No Sash)	Martial Arts Basics: Hand Techniques, Stances, Leg Techniques and Combinations				
	Hand Techniques		Palm Movements		
		Fist, Palm, Hook		Palm Strike	
	Fist Movements			Spear Hand	
		Straight Punch		Palm Chop	
		Hook Punch		Palm Lift	
		Uppercut		Palm Press	
		Back Fist		Palm Flick	
		Hack Fist		Palm Drag	
		Hammer Fist			
		High Block	Hook Movements		
		Middle Block		Downward Hook	
		Low Block		Upward Hook	
	Stance Techniques		Leg Techniques		
		Horse Stance		Front Stretch Kick	
		Bow Stance		Slant Stretch Kick	
		Drop Stance		Side Stretch Kick	
		Cross Rest Stance		Outside Kick	
		Empty Stance		Inside Kick	
				Side Kick	
				Front Slap Kick	
				Front Snap Kick	
				Front Thrust Kick	
	Barehand Routines		Physical Pre-requisites		
		Five Stance Routines		20 Push Ups	
		Junior Group Routines		20 Sit Ups	
Level 2 (Red Sash)	Balances		Leg Combinations		
		Upright Balance		Stance and Attacks with Visuals	
		Front Slant Balance		Multiple Kicking Combinations	
		Rear Slant Balance		Front and Back Sweep	
	Hand Combinations		Weapons Basics		
		Armwheels		Long or Short Weapons Combinations	
		Hammerfist			
		Fan Yiu	Air Techniques		
		All above with Stances		Front, Inside, Outside, Butterfly, Cartwheel	
	Barehand Routines		Physical Pre-requisites		
		Junior Compulsory Hand Routine		30 Push Ups	
		Junior Compulsory Broadsword Routine		30 Sit Ups	
		Junior Compulsory Staff Routine		20 V-Ups	
Level 3 (Green Sash)	Air Techniques				
		Front, Inside, Outside, Butterfly, Cartwheel, Aerial, Twisting			
	Barehand Routines		Physical Pre-requisites		
		1st Compulsory Hand Routine		40 Push Ups	
		1st Compulsory Short Weapon Routine		40 Sit Ups	
		1st Compulsory Long Weapon Routine		30 V-Ups	
Level 4 (Blue Sash)	Barehand Routines		Physical Pre-requisites		
		2nd Compulsory Hand Routine		50 Push Ups	
		2nd Compulsory Short Weapon Routine		50 Sit Ups	
		2nd Compulsory Long Weapon Routine		30 V-Ups	
		Duilian Fighting Set Routines			
		Group Performance Routines			
Level 5 (Black Sash)	Barehand Routines		Physical Pre-requisites		
		3 Optional Competition Routines		50 Push Ups	
		Duilian Fighting Set Routines		100 Sit Ups	
		Group Performance Routines		30 V-Ups	
	Rules and Regulations			20 Leg Drops	
		Intricate knowledge of competitive rules and regulations			
	Senior Level Ranking	Indication of passing grade of 80% or higher			