

Gung Fu
Training Manual



maren's

Martial Arts Institute

HEALTH | FITNESS | PERSONAL PROTECTION

mMAI SYLLABUS 2017 EDITION

A person with a shaved head, wearing a red robe, is sitting on a rock in a lush green forest. They are looking towards the left side of the frame. The background is filled with dense foliage and trees.

Accreditation

The Founder(s) of the *mareu* Martial Arts Institute have certification and affiliation with the World Wide Martial Arts Association, Shorinji Ryu Jujutsu Federation, United States Martial Arts Association and Schucker Martial Arts Association. With internationally recognized ranking and curriculum, we offer programs that develop skill and abilities of students by providing effective, time proven instruction. Our professors and instructors bring their hands on experience to the institute to enhance your training.

Description

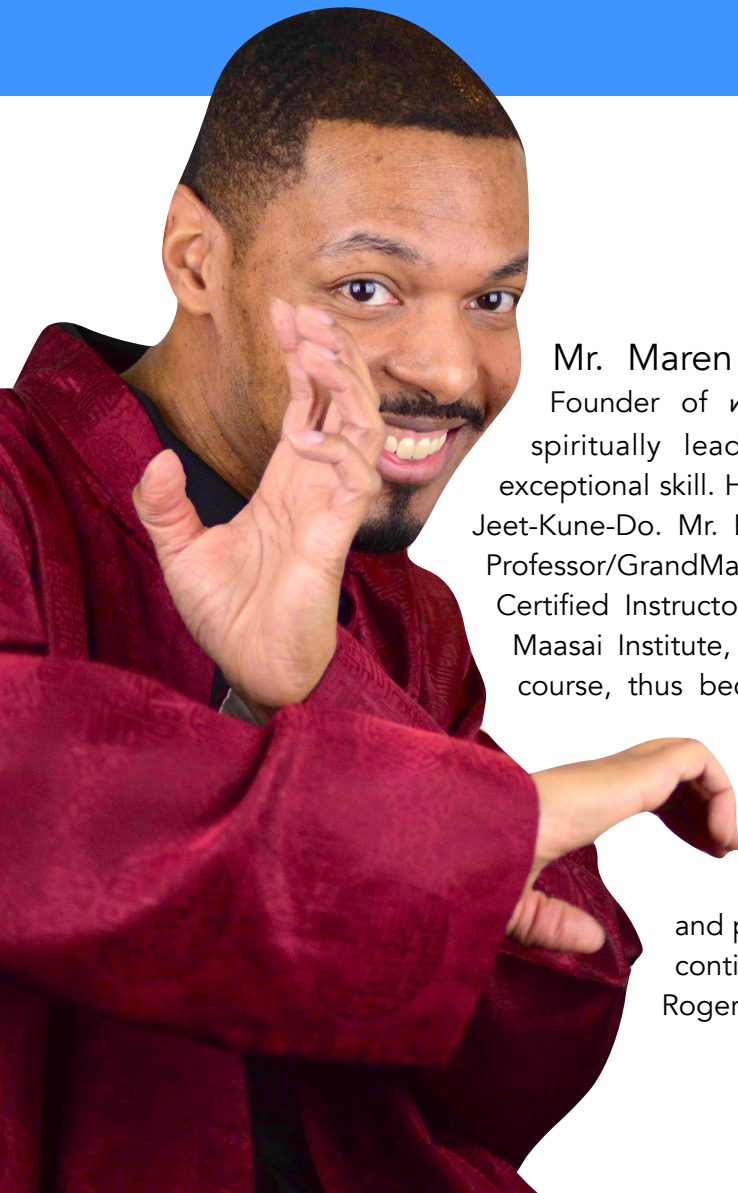
The Program or coursework provided herein is an empty hand system of health and personal protection. While the use of weapons may be incorporated into the system, it does include various weapon defense.

“If you are planning for a decade,
plant a tree; if you are planning
for a lifetime educate people.”

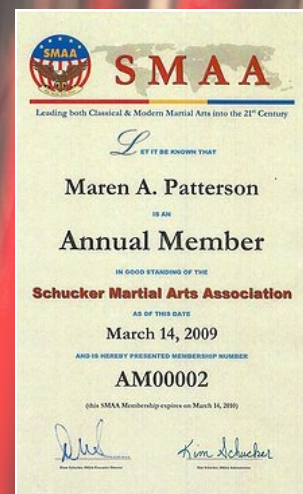
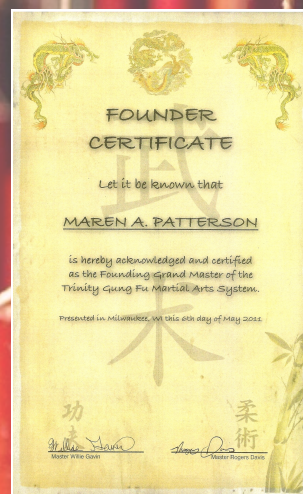
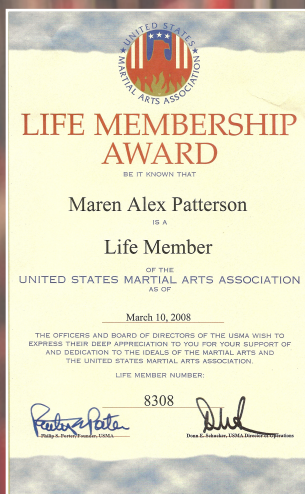
Chinese proverb

About the Founder

Brief biography of Maren Patterson



Mr. Maren Patterson is currently the Chief Instructor and Founder of *maren's* Martial Arts Institute. Mr. Patterson is a spiritually lead christian and a highly capable technician of exceptional skill. He began his training with his uncle at a young age in Jeet-Kune-Do. Mr. Patterson, since then, has advanced to the rank of Professor/GrandMaster, awarded the Red Sash in Gung Fu and a Certified Instructor of TaijiQuan. Mr. Patterson, while working at the Maasai Institute, was asked to design and implement a martial arts course, thus becoming the chief instructor of the Maasai Institute Kung Fu Club. This and other past experience has heavily influenced his outlook on martial arts. Tailoring his courses to fit the needs of men women and children alike, designing programs such as personal protection courses for women and physical health and wellness workshops; Mr. Patterson continues to further his education currently under Sensei Rogers Davis in Jujutsu.



Founder's Credentials

Ranking and awards currently achieved



Founder/Grandmaster/Soke

Mr. Patterson has been recognized as the founding Grand-Master of the mMAI Gung Fu System (Martial Arts System of health & self defense)
Year: 2011



World Wide Martial Arts Association

- Founder/Grandmaster - Red Sash in Gung Fu - 2011
- Yellow Belt in Jujutsu - 2007
- Blue Sash in Gung Fu - 2006



Shucker Martial Arts Association

- Certified Tai Chi Chuan Instructor - 2010
- Black Sash in Gung Fu - 2010
- Brown Sash in Gung Fu - 2009



United States Jujutsu Institute

- Yellow Belt in Jujutsu - 2007
- White Belt in Jujutsu - 2006



International Shorinji Ryu Jujitsu Federation

- White Belt in Jujitsu - 2006



Iron Dragon Kung Fu (Pai Lum Tao)

- White Sash in Kung Fu - 2017



Founder's Credentials

Education and Honors currently achieved



Denver University

Achieved a Master Graduate Degree Certificate for Software Development and Programming.

Year: 2017



Full Sail University

Achieved a Master Graduate Degree Certificate for Instructional Design and Technology.

Year: 2014



Regent University

Achieved a Master of Arts Degree for Strategic Communication and Digital Media.

Year: 2014



ITT Technical Institute

Achieved a Bachelor of Science Degree in Digital Entertainment and Game Design.

Year: 2012



ITT Technical Institute

Achieved an Associate of Science Degree in Information Technology and Multimedia.

Year: 2010



Honors and Certificates

National Technical Honors Society awarded, and over 30 certificates of specialized training in various subject matter.

Year: Ongoing



Our Program

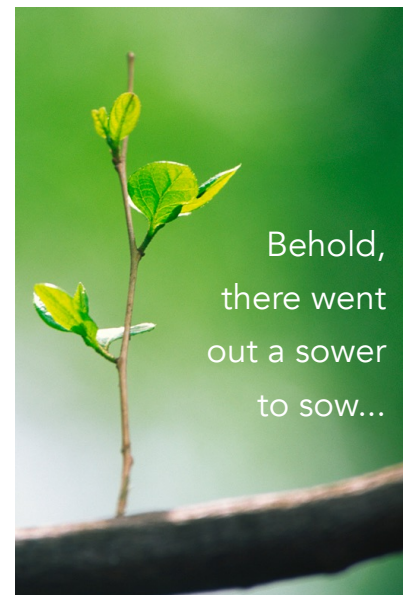
Overview of this training manual



Have a healthier
and safer future.
Start your journey
today!

Gung Fu (Health & Combative Science Program)

RULES & REGULATIONS	PAGE 7
PROPER ETIQUETTE	PAGE 8
LESSON PLANS/ CURRICULUM	PAGE 10
RANKING SYSTEM	PAGE 14
RANK REQUIREMENTS & TECHNIQUES	PAGE 16
CHARTS	PAGE 50



Disclaimer: The techniques and instruction contained in this manual or accompanying material are for informational and educational purposes only. The information and techniques shared are considered to be potentially dangerous. The use or misuse of the enclosed information is the sole responsibility of the practitioner and or reader. The authors and or instructors of this material are not responsible for any injury and or death which may be a result of the misuse of such information contained herein.

Rules and Regulations

Campus/membership rules



The School/ Classroom(s)

1. The school must be kept in good condition, clean fresh and free of trash and clutter especially in the classroom(s). weapons, training tools, books ...etc must be clean & placed in their proper storage area. The facility must retain a professional business appearance at all times.
2. Proper permits must be displayed in a viewable area.
3. Membership certification(s) and rank certification(s) must be posted with a picture and name of each acting instructor in a viewable area.
4. Sign in sheets must be kept with acting secretary or at front desk.
5. A copy of any and all class or other video recordings shall be kept on file in the main office and made available upon request.
6. All staff members must have on a name badge in a viewable area at all times while on the premises.

Incidents

1. Bring all problems and concerns to the instructor's attention immediately.
2. If injured notify the instructor immediately.
3. Do not touch anyone else's belongings without their permission.
4. If items are found they will be turned in to the lost and found.
5. If an incident occurs and or is reported an incident report must be filled out immediately.

Etiquette and Custom

Proper behavior and responsibility



Students

1. The training is traditional and cultural, thus requiring traditional customs, respect and values.
2. All students must salute or bow to the instructor when entering the school and must wait until the instructor acknowledges him/her before entering the class.
3. Based on the curriculum and instructor there will be no shoes allowed on the training floor. They must be removed at the door.
4. During class the student must demonstrate respect by not talking unless permitted to do so and demonstrate courtesy for the instructor and other students.
5. Instructors must be referred to by their title as directed by the instructor.
6. Students must salute or bow when leaving the class and must demonstrate respect and courtesy for all in the dojo.
7. Students are not permitted to lean on anything during class unless directed by the instructor
8. The students are not to touch anything (example: weapons, training equipment, heavy bags...etc) unless permitted by the instructor.
9. When an instructor enters the class it is the responsibility of the highest ranking student, be it another instructor or otherwise, to call the class to attention and wait in a closed stance(at attention) to salute the incoming instructor.
10. A student is not permitted to freely enter or leave the class unless permitted by the instructor.
11. If one is late for class he/she must wait for the instructors recognition before entering the class.
12. Profane language is not permitted on the school premises.
13. Intoxicants/smoking is not permitted on the school premises and not to be consumed on the premises or before class.
14. No chewing gum in class.
15. When seated on the floor the student must be seated upright with legs crossed or kneeling with the torso upright, unless directed differently by the instructor.
16. Everyone must be in full uniform before entering the class, and must be appropriately covered at all times while on the premises.
17. The student must retain self control while on the premises, no loud talking and disruption or horseplay.
18. Students must have a clean uniform on during class.
19. Students must wear the proper uniform as directed by the instructor.
20. No jewelry is permitted during class.
21. Students must have good personal hygiene and keep themselves clean. Also keep fingernails trimmed.
22. Students must assist in cleaning the class before and after the class as directed by the instructor.
23. If a student needs to adjust his/her clothing due to belt or other coming undone he/she must step off to the side of the class and face away from everyone especially the instructor(s) until adjustments are completed.

Etiquette and Custom

Proper behavior and responsibility (continued)

Instructors

1. Instructors are held under the same regulations as the above and also to include the following.
2. Instructors must respect everyone on the premises.
3. Instructors are not permitted to abuse anyone. If abuse is suspected it must be reported to the head instructor or another instructor or governing body of the school immediately.
4. Instructors must come early and prepared for every class.
5. Instructors must demonstrate and guide students in the curriculum to the best of their ability and or direct them to another instructor who can assist them.
6. An instructor must have on a name badge at all times while on the premises (unless hazardous during class times).

“Do not focus on the printed page, rather seek to understand the principles and concepts therein.”

~disciple~



The instructor must provide the students with a copy of lesson plans on request and provide a course outline on the first day of class.

All lesson plans must be approved by the director or governing body of the school. An instructor must not instruct outside of these guidelines without proper authorization. Classes should start and end on time, and it is the responsibility of the acting instructor to have every student and visitor to sign in and out of every class. Every class shall be conducted in a courteous and professional manner. It is the instructor's responsibility to file a report should an incident occur.

G100

Orientation and Etiquette

Students learn basic class etiquette and protocol as well as reiteration of college rules and guidelines.

Course materials:

- Student manual
- Student uniform

- Unit 1:** Campus rules and regulations
Unit2: Classroom rules and regulations
Unit3: Keeping the facility clean
Unit4: Appropriate dress and attire/ personal hygiene
Unit5: Tea ceremony
Unit6: Oral exam responses & intro to Shaolin basics

G101

Shaolin Fundamentals

Fundamental stretching and basic motion and or body movement.

Course materials:

- Shaolin fundamentals textbook
- Shaolin fundamentals video

- Unit 1:** Reiterate classroom etiquette
Unit2: Stretching drills
Unit3: Arm drills
Unit4: Leg drills
Unit5: Break Falls
Unit6: Rolls

G102

Building Foundation

Students learn the basic stances, blocks, punches, kicks and oral exam material for their system.

Course materials:

- Student required to bring manual to class

- Unit 1:** Oral responses
Unit2: Stances
Unit3: Blocks
Unit4: Punches/Strikes
Unit5: Kicks

**G103****Chi Kung**

Chi kung also known as qigong is introduced in this course with basic breathing.

Course materials:

- Bodhidharma's Yi Jin Jing Book
- Bodhidharma's Yi Jin Jing Video

Unit 1: Four movement Chi Kung

Unit2: Yi Jin Jing

G200**Introduction to Blocking**

Principles of power are incorporated into the blocking system.

Course materials:

- Student required to bring manual to class

Unit 1: Waist in blocking

Unit2: Relaxation and tension

Unit3: Proper breathing

Unit4: Deeper understanding of blocking

G201**Introduction to striking**

Principles of power are incorporated into the system.

Course materials:

- Student required to bring manual to class

Unit 1: Waist in striking

Unit2: Relaxation and tension

Unit3: Proper breathing

Unit4: Deeper understanding of striking

G202**Introduction to Kicking**

Principles of power are incorporated into the kicking system.

Course materials:

- Student required to bring manual to class

Unit 1: Waist in kicking

Unit2: Relaxation and tension

Unit3: Proper breathing

Unit4: Deeper understanding of kicking

G203**Conditioning**

Conditioning the body; proper conditioning for combat situations.

Course materials:

- Canvas Mung bean bag
- Makiwara board

Unit 1: Iron palm basics

Unit2: Forearm conditioning

Unit3: Leg conditioning

Unit4: How to take a strike

G204**Introduction to Forms**

Continuous motion sets are presented to grasp fluid motion and multiple opponent combat.

Course materials:

- Basic Dragon Form Video
- Shao Hong Chuan Video

Unit 1: Dragon form

Unit2: Student designed form

Unit3: Shao Hong Chuan



G300

Breathe Control

Students learn to control breathing.

Course materials:

- Student required to bring manual to class

- Unit 1: Focused dan tien breathing
Unit2: Reverse breathing
Unit3: Chi Projection and focus

G301

Techniques and Application

A more in depth understanding to techniques and applications is provided in this course.

Course materials:

- Student required to bring manual to class

- Unit 1: 9 directions
Unit2: Combative footwork
Unit3: Six variations of every technique
Unit4: Single technique sparring

G302

Wing Chun Basics

Wing Chun combat is presented for students to comprehend variations of actual combat.

Course materials:

- Student required to bring manual to class

- Unit 1: Wing Chun 8 blocks
Unit2: Wing Chun footwork

G303

Intermediate Forms

In depth understanding is presented with the Wing Chun application form.

Course materials:

- Student required to bring manual to class

- Unit 1: Shao Hong Chuan
Unit2: Wooden Dummy set

G400

Joint Locking/Manipulation

Shaolin chin na is shared with students in this course

Course materials:

- Canvas Mung bean bag
- Makiwara board

- Unit 1: Wrist locks and control
Unit2: Arm locks and control
Unit3: Neck and spine locks
Unit4: Finger locks and control

G401

Shape Shifting

In this course we allow students to explore shapes and angles in combat.

Course materials:

- Basic Dragon Form Video
- Shao Hong Chuan Video

- Unit 1: Circle
Unit2: Triangle
Unit3: Square

**G402**Intro to Tai Chi Chuan

Students learn short form of TaiJiQuan.

Course materials:

- Tai Chi for young people video

Unit 1: Tai Chi Short Form

G500Advanced Tai Chi Chuan

Students learn long form of TaiJiQuan.

Course materials:

- Chen style Old Frame Form video

Unit 1: Tai Chi Chuan long form

G600Sticking Hands

Students participate in tai chi sticking hand drills to increase their sensitivity.

Course materials:

- Student required to bring manual to class

Unit 1: Applying Reverse Breathing

Unit2: Single sticking hand drill

Unit3: Double sticking hand drill

G-WSAWorkshops and Seminars

Students are required to attend and support at least (2) seminars, workshops or special functions hosted by their school as part of their program curriculum.

Special note:

- Active participation and formal attire required.

G-PRESPresentation and Evaluation

Students are required to demonstrate their art at a formal event hosted by the school as part of their program curriculum.

Special note:

- Active participation and formal attire required.

G-GCGraduation Ceremony

Students are required to attend and support the graduation ceremony (banquette, master's demonstration) as part of their program curriculum.

Special note:

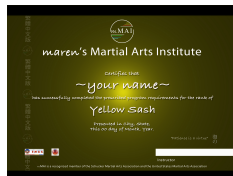
- Active participation and formal attire required.

Ranking Structure

Hierarchy and defined levels



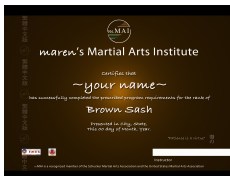
White Sash:
• New Member



Yellow Sash:
• Student



Blue Sash:
• Junior Disciple



Brown Sash:
• Senior Disciple



Black Sash:
• Master



Red Sash:
• Grandmaster

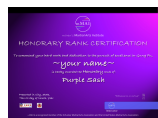
↑
Beginner/Entry Level

↑
Intermediate/Mid Level

↑
Advanced/Instructor Level

maren's Martial Arts Institute is pleased to present to you the newly revised ranking system. We have made the decision to adjust our ranking system to better serve our members. The new system is effective as of June 2011.

All previously awarded rank will continue to be recognized and backed by the founding grandmaster and governing board. We appreciate your support as we continue to grow together. *Previous rank structure displayed below.



Gung Fu App

mMAI Mobile Training App

GET NOW!



White Sash Curriculum

Rank requirements and techniques



White Sash

*White sash is awarded upon successful completion of orientation and etiquette course. Once the white sash is achieved, the student may continue with the below listed curriculum.

White sash exam questions:

- 🕒 What is Gung Fu? Hard working men and women.
- 🕒 Where did Gung Fu originate? Africa, India and China.
- 🕒 What is a horse stance? Strong trunk and strong foundation.
- 🕒 What is the first rule of combat? Stay calm.
- 🕒 What is the second rule of combat? Always look your opponent in the eyes or torso.

Shaolin Stretching Drills (wushu)

1. Forward Kick
2. Cross Shoulder Kick
3. Round Kick
4. Reverse Round Kick

Break falls

1. Front
2. Side
3. Back

Rolls

1. Front/Forward
2. Side
3. Back

Stances

1. Horse
2. Forward Leaning
3. Backward Leaning
4. Spear
5. Crouch
6. Cat
7. One Legged Crane
8. X
9. Cross Bone
10. Close
11. Open
12. Parallel
13. Inward/ Outward
14. Fighting

Blocks

1. Upward X
2. Downward X
3. Upward
4. Downward
5. Inward
6. Outward
7. Mid-Section
8. Side
9. Double
10. Circle
11. Back Body
12. Twin Knee
13. Side Knee
14. Round Knee
15. Dragon Wing

White Sash Curriculum

Rank requirements and techniques (continued)

White Sash

Strikes

1. Straight Punch
2. Power Punch
3. Straight Power Punch
4. Back Fist
5. Mid-Section
6. Twist Punch
7. Double Punch
8. Round Fist
9. Circle
10. Hammer Fist
11. Side Hammer
12. Knife Hand
13. Dragon Fist
14. Three Section
15. Dragon Wing
16. Downward Thrust

Kicks

1. Inward
2. Outward
3. Short
4. Front
5. Snap
6. Slap
7. Side
8. Hook
9. Crescent
10. Reverse Crescent
11. Back
12. Spinning Hook
13. Spin Reverse Crescent

Forms

1. Four Movement Chi Kung

Four Movement QiGong (created by Maren Patterson)

Basic Dan Tien Breathing

1. Palms reaching to heaven
2. Palms pushing pillars
3. Warding off and circling energy
4. Settling energy and drawing power

White Sash Curriculum

Rank requirements and techniques (continued)

White Sash

Students Notes:

Yellow Sash Curriculum

Rank requirements and techniques



Yellow Sash

*Yellow sash is awarded upon successful completion of the white sash curriculum and exam. Once the yellow sash is achieved, the student may continue with the below listed curriculum.

All of the white sash material with a repetition of 30 plus the following.

Exam questions:

- ☯ What is Gung Fu? Hard working men and women.
- ☯ Where did Gung Fu originate? Africa, India and China.
- ☯ What is a horse stance? Strong trunk and strong foundation.
- ☯ What is the first rule of combat? Stay calm.
- ☯ What is the second rule of combat? Always look your opponent in the eyes or torso.

Exam additions

- ☯ What is the third rule of combat? Move when your opponent moves.

Rules of power

- ☯ What does the waist do? The waist triggers the power.
- ☯ What does relaxation do? Relaxation carries the power.
- ☯ What does breathing do? Breathing enhances the power.

Incorporate waist (triggering) relaxation/tensing and breathing into all the techniques.

Yellow Sash Curriculum

Rank requirements and techniques (continued)

Yellow Sash

Shaolin Stretching Drills (wushu)

1. Forward Kick
2. Cross Shoulder Kick
3. Round Kick
4. Reverse Round Kick

Stances

1. Horse
2. Forward Leaning
3. Backward Leaning
4. Spear
5. Crouch
6. Cat
7. One Legged Crane
8. X
9. Cross Bone
10. Close
11. Open
12. Parallel
13. Inward/ Outward
14. Fighting

Break Falls

1. Front
2. Side
3. Back

Blocks

1. Upward X
2. Downward X
3. Upward
4. Downward
5. Inward
6. Outward
7. Mid-Section
8. Side
9. Double
10. Circle
11. Back Body
12. Twin Knee
13. Side Knee
14. Round Knee
15. Dragon Wing

Rolls

1. Front/Forward
2. Side
3. Back

Strikes

1. Straight Punch
2. Power Punch
3. Straight Power Punch
4. Back Fist
5. Mid-Section
6. Twist Punch
7. Double Punch
8. Round Fist
9. Circle
10. Hammer Fist
11. Side Hammer
12. Knife Hand
13. Dragon Fist
14. Three Section
15. Dragon Wing
16. Downward Thrust

Yellow Sash Curriculum

Rank requirements and techniques (continued)

Yellow Sash

Kicks

1. Inward
2. Outward
3. Short
4. Front
5. Snap
6. Slap
7. Side
8. Hook
9. Crescent
10. Reverse Crescent
11. Back
12. Spinning Hook
13. Spin Reverse Crescent

Conditioning Drills

1. Forearm
2. Iron Palm (4 set)
3. Fist

Dragon Dome Blocking

1. Inward
2. Side
3. Mid-Section
4. Upward

Seven Stages of Second

Blocking Drills

1. Fighting Stance
2. Forward Leaning
3. Backward Leaning
4. Spear Leaning

Forms

1. Four Movement Chi Kung
2. Yi Jin Jing
3. Basic Dragon
4. Student Designed 20 Movement

Four Movement QiGong (created by Maren Patterson) Basic Dan Tien Breathing

1. Palms reaching to heaven
2. Palms pushing pillars
3. Warding off and circling energy
4. Settling energy and drawing power

Yi Jin Jing (Bodhidharma)

1. Skanda presents the pestle
2. Hold the subduingpestle horizontally
3. The palms prop up the heavenly gate
4. Pick the stars and replace the dipper
5. Pull back the tails of the nine bulls
6. Outstretch the claws and spread the wings
7. The nine ghosts draw the saber
8. The three body sections drop to the ground
9. The blue dragon outstretches its claws
10. The crouching tiger pounces on its prey
11. Make deep bows and beat the heavenly drum
12. Swing the tail
13. Closing

Yellow Sash Curriculum

Rank requirements and techniques (continued)

Yellow Sash

Dragon (created by Maren Patterson)

1. Inward block- fighting stance- right side
2. Straight punch- forward leaning stance- right side
3. Inward block- cat stance- left
4. Straight punch- forward leaning stance- left
5. Side hammer fist- forward leaning- right
6. Dragon first strike- cat stance- left
7. Reverse crescent kick- cat stance- left
8. Spinning reverse crescent kick- fighting stance- right
9. (Slap kick) sweep- fighting stance- right
10. (hook kick) dragon tail sweep- crouch stance- left
11. Dragon wing punch- forward leaning - left
12. Dragon wing block- x stance- right
13. Three sectional punch- forward leaning- left
14. Snap kick- cat stance- left
15. Side knee block/back kick- cat stance- right
16. Hook kick- x stance/ forward leaning- left
17. Circle punch- forward leaning- right
18. Straight power punch- forward leaning- left
19. Hammer fist strike- forward leaning- right
20. Dragon presentation- spear stance- right

Student Designed Form

1. *See students notes.

Yellow Sash Curriculum

Rank requirements and techniques (continued)

Yellow Sash

Students Notes:



Blue Sash

*Blue sash is awarded upon successful completion of the yellow sash material and exam. Once the blue sash is achieved, the student may continue with the below listed curriculum.

All of the yellow and white sash material with a repetition of 50 along with the following

Exam questions:

- 🕒 What is Gung Fu? Hard working men and women.
- 🕒 Where did Gung Fu originate? Africa, India and China.
- 🕒 What is a horse stance? Strong trunk and strong foundation.
- 🕒 What is the first rule of combat? Stay calm.
- 🕒 What is the second rule of combat? Always look your opponent in the eyes or torso.
- 🕒 What is the third rule of combat? Move when your opponent moves.

Rules of power

- 🕒 What does the waist do? The waist triggers the power.
- 🕒 What does relaxation do? Relaxation carries the power.
- 🕒 What does breathing do? Breathing enhances the power.

Incorporate waist (triggering) relaxation/tensing and breathing into all the techniques.

Exam additions

1. What is the fourth rule of combat? Breath when you get hit.

Learning how to breathe when struck.

Footwork and introduction to the box.

Blue Sash Curriculum

Rank requirements and techniques (continued)

Blue Sash

Shaolin Stretching Drills (wushu)

1. Forward Kick
2. Cross Shoulder Kick
3. Round Kick
4. Reverse Round Kick

Stances

1. Horse
2. Forward Leaning
3. Backward Leaning
4. Spear
5. Crouch
6. Cat
7. One Legged Crane
8. X
9. Cross Bone
10. Close
11. Open
12. Parallel
13. Inward/ Outward
14. Fighting

Break Falls

1. Front
2. Side
3. Back

Blocks

1. Upward X
2. Downward X
3. Upward
4. Downward
5. Inward
6. Outward
7. Mid-Section
8. Side
9. Double
10. Circle
11. Back Body
12. Twin Knee
13. Side Knee
14. Round Knee
15. Dragon Wing

Rolls

1. Front/Forward
2. Side
3. Back

Strikes

1. Straight Punch
2. Power Punch
3. Straight Power Punch
4. Back Fist
5. Mid-Section
6. Twist Punch
7. Double Punch
8. Round Fist
9. Circle
10. Hammer Fist
11. Side Hammer
12. Knife Hand
13. Dragon Fist
14. Three Section
15. Dragon Wing
16. Downward Thrust

Blue Sash Curriculum

Rank requirements and techniques (continued)

Blue Sash

Kicks

1. Inward
2. Outward
3. Short
4. Front
5. Snap
6. Slap
7. Side
8. Hook
9. Crescent
10. Reverse Crescent
11. Back
12. Spinning Hook
13. Spin Reverse Crescent

Conditioning Drills

1. Forearm
2. Iron Palm (4 set)
3. Fist

Dragon Dome Blocking

1. Inward
2. Side
3. Mid-Section
4. Upward

Seven Stages of Second

Blocking Drills

1. Fighting Stance
2. Forward Leaning
3. Backward Leaning
4. Spear Leaning

Wing Chun Blocking

1. Wing
2. Palm Upward
3. Circling Wrist
4. Check
5. Cross Body
6. Bent Wrist
7. Inward Drop
8. Downward Slash

Chin Na (Joint Locking)

Forms

1. Four Movement Chi Kung
2. Yi Jin Jing
3. Basic Dragon
4. Student Designed 20 Movement
3. Shao Hong Chuan
4. Wooden Dummy

Four Movement QiGong (created by Maren Patterson)

Basic Dan Tien Breathing

1. Palms reaching to heaven
2. Palms pushing pillars
3. Warding off and circling energy
4. Settling energy and drawing power

Blue Sash Curriculum

Rank requirements and techniques (continued)

Blue Sash

Dragon (created by Maren Patterson)

1. Inward block- fighting stance- right side
2. Straight punch- forward leaning stance- right side
3. Inward block- cat stance- left
4. Straight punch- forward leaning stance- left
5. Side hammer fist- forward leaning- right
6. Dragon first strike- cat stance- left
7. Reverse crescent kick- cat stance- left
8. Spinning reverse crescent kick- fighting stance- right
9. (Slap kick) sweep- fighting stance- right
10. (hook kick) dragon tail sweep- crouch stance- left
11. Dragon wing punch- forward leaning - left
12. Dragon wing block- x stance- right

13. Three sectional punch- forward leaning- left
14. Snap kick- cat stance- left
15. Side knee block/back kick- cat stance- right
16. Hook kick- x stance/ forward leaning- left
17. Circle punch- forward leaning- right
18. Straight power punch- forward leaning- left
19. Hammer fist strike- forward leaning- right
20. Dragon presentation- spear stance- right

Yi Jin Jing (Bodhidharma)

1. Skanda presents the pestle
2. Hold the subduingpestle horizontally
3. The palms prop up the heavenly gate
4. Pick the stars and replace the dipper
5. Pull back the tails of the nine bulls
6. Outstretch the claws and spread the wings
7. The nine ghosts draw the saber
8. The three body sections drop to the ground
9. The blue dragon outstretches its claws
10. The crouching tiger pounces on its prey
11. Make deep bows and beat the heavenly drum
12. Swing the tail
13. Closing

Student Designed Form

1. *See students notes.

Blue Sash Curriculum

Rank requirements and techniques (continued)

Blue Sash

Shao Hong Chuan

1. Embracing the moon
2. White clouds cover head
3. Advance step and strike with palm
4. Contract the body and bend elbow
5. Advance step and strike with palm
6. Turn body and strike with back of palm
7. Advance step and strike with palm
8. Turn around and raise leg with cross hands
9. Outside lotus sweep
10. Move right obliquely
11. Contract body and bend elbows
12. Advance step and high rising front kick
13. Move left obliquely
14. Squat down and turn around with whirling arms
15. Lion opens its mouth
16. Clouds cover the head and seven stars
17. Single whip on horse stance
18. Contract body and bend elbow
19. Advance step and shoot hands
20. Tornado kick and skyward cannon punch
21. Scorpion tail kick
22. Lion opens its mouth
23. Push palm in original step
24. Level palms and retreat double steps
25. Turn body and strike with back of palm
26. Advance step and strike with palm
27. Turn around and raise leg with cross hands
28. Outside lotus sweep
29. Elbow strike
30. Contract body and bend elbow
31. High rising kick and elbow strike
32. Squat down and turn with whirling arms
33. Lion opens its mouth
34. Clouds cover the head and seven stars
35. Single whip on horse stance
36. Contract body and bend elbow
37. Advance step and shoot hands
38. Right snap kick
39. Strike right hand
40. Turn body and strike left palm
41. Turn body and strike right palm
42. Left snap kick
43. Strike left palm
44. Turn body and strike right palm
45. Turn body and strike left palm
46. Jump step and seize moon from sea bottom
47. Withdraw and crunch fist
48. Advance step and punch upward
49. Raise leg and hold fist beside ear

(Continues on next page)

Blue Sash Curriculum

Rank requirements and techniques (continued)

Blue Sash

(Continued)

Shao Hong Chuan

50. Lower leg and punch downward
51. Roll arms and contract body
52. Advance step and strike with palm
53. Clouds cover head and stomp foot and pound fist
54. Strike tiger and sit on the mountain
55. Closing

Blue Sash Curriculum

Rank requirements and techniques (continued)

Blue Sash

The 116 Wooden Dummy Form (Yip Man/Yip Chun)

1. Refighting posture left lead hand
2. Neck pulling hand left
3. Right bong-sau
4. Right tan-sau & left lower lying-palm
5. High & low gaun-sau
6. Kwun-sau
7. Left tan-sau & right lower lying-palm
8. High & low gaun-sau
9. Right kau-sau & left tok-sau
10. Left jut-sau & right erect-palm
11. Refining posture right lead
12. Neck pulling hand right
13. Left bong-sau
14. Left tan-sau & right lower lying-palm
15. High & low gaun-sau
16. Kwun-sau
17. Right tan-sau & left lower lying-palm
18. High & low gaun-sau
19. Left kau-sau & right tok-sau
20. Left lower lying-palm & right jut-sau
21. Right indoor-area pak-sau
22. Left indoor-area pak-sau
23. Right indoor-area pak-sau
24. Left outdoor-area pak-sau
25. Left throat-cutting hand
26. Left jut-sau & right lower thrusting punch
27. Right outdoor-area pak-sau
28. Right throat-cutting hand
29. Right jut-sau & left lower thrusting punch
30. Double tok-sau
31. Right lower bong-sau
32. Right man-sau
33. Right sideward thrust-kick
34. Left lower bong-sau
35. Left man-sau
36. Left sideward thrust kick
37. High & low gaun-sau
38. Right kau-sau & left tok-sau
39. Right erect palm & left jut-sau
40. Double tan-sau
41. Huen-sau
42. Double lower lying-palms
43. Double tan-sau
44. Double upper lying-palms
45. Double jut-sau
46. Right kau-sau & left high guan-sau
47. Left kau-sau & right high guan-sau
48. Right kau-sau & left high guan-sau
49. Right erect-palm & left jut-sau
50. Right bong-sau
51. Right knee-stamping kick from side
52. High & low gaun-sau

(Continues on next page)

Blue Sash Curriculum

Rank requirements and techniques (continued)

Blue Sash

(Continued)

The 116 Wooden Dummy
Form (Yip Man/Yip Chun)

53. Left kau-sau & right
high guan-sau

54. Right kau-sau & left
high guan-sau

55. Left Kau-sau & right
high gaun-sau

56. Facade right kau-sau &
left lower lying-palm

57. Left bong-sau

58. Left knee-stamping
kick from the side

59. High & low guan-sau

60. Right kau-sau & left
tok-sau

61. Right erect-palm &
right jut-sau

62. Flipping-Hand
movement from the
right fook-sau

63. Flipping-hand
movement from the
right fook-sau

64. Flipping-hand
movement from the
right fook-sau

65. Right kau-sau & left
lower lying-palm

66. Kwun-sau

67. Facade po-pai double-
palm movement

68. Bong-sau

69. Po-pai double-palm
movement from the
side

70. High & low gaun-sau

71. Facade po-pai double-
palm movement

72. Right bong-sau

73. Po-pai double-palm
movement from the
side

74. High & low gaun-sau

75. Left kau-sau & right
fook-sau

76. Left lower lying-palm &
right jut-sau

77. High & low gaun-sau

78. High & low gaun-sau

79. Right bong-sau

80. Right grappling-hand
& left throat-cutting
hand

81. Left pak-sau & right
spade-hand

82. Left bong-sau

83. Left grappling-hand &
right throat-cutting
hand

84. Right pak-sau & left
spade-hand

85. Right bong-sau

86. Left crossed stamp-kick

87. Left bong-sau

88. Right crossed stamp-
kick

89. High & low gaun-sau

90. Right kau-sau & left
tok-sau

91. Right erect-palm & left
jut-sau

92. Right lower bong-sau

93. Left lower bong-sau

94. Right lower bong-sau

95. Right spade-hand &
left facade thrust-kick

96. Facade knee-stamping
kick

97. Foot-stamping & left
lower bong-sau

98. Right lower bong-sau

99. Left lower bong-sau

100. Left spade-hand &
right facade thrust-kick

(Continues on next page)

Blue Sash Curriculum

Rank requirements and techniques (continued)

Blue Sash

(Continued)

The 116 Wooden Dummy
Form (Yip Man/Yip Chun)

101. Right facade knee-
stamping kick

102. Foot-stamping & right
gum-sau

103. Left sideward slap-palm
& right lower lying-palm

104. Left gum-sau

105. Right sideward slap-
palm & left lower lying-
palm

106. Right gun-sau

107. Left pak-sau & right off-
body lower thrust-kick

108. Left gum-sau

109. Right pak-sau & left off-
body lower thrust-kick

110. Right bong-sau

111. Grappling-hand & right
sweep-kick while
turning

112. Left bong-sau

113. Grappling-hand & left
sweep kick while turning

114. High & low gaun-sau

115. Right kau-sau & left tok-
sau

116. Right erect-palm & left
jut-sau

117. Final withdrawal
movement

Blue Sash Curriculum

Rank requirements and techniques (continued)

Blue Sash

Students Notes:

Brown Sash Curriculum

Rank requirements and techniques



Brown Sash

*Brown sash is awarded upon successful completion of the blue sash material and exam. Once the brown sash is achieved, the student may continue with the below listed curriculum.

All of the white, yellow, and blue sash material with a repetition of 75 along with the following.

Exam questions:

- ☯ What is Gung Fu? Hard working men and women.
- ☯ Where did Gung Fu originate? Africa, India and China.
- ☯ What is a horse stance? Strong trunk and strong foundation.
- ☯ What is the first rule of combat? Stay calm.
- ☯ What is the second rule of combat? Always look your opponent in the eyes or torso.
- ☯ What is the third rule of combat? Move when your opponent moves.
- ☯ What is the fourth rule of combat? Breath when you get hit.

Rules of power:

- ☯ What does the waist do? The waist triggers the power.
- ☯ What does relaxation do? Relaxation carries the power.
- ☯ What does breathing do? Breathing enhances the power.

Incorporate waist (triggering) relaxation/tensing and breathing into all the techniques.

Learning how to breathe when struck.

Footwork and introduction to the box.

Understanding shapes.

Brown Sash Curriculum

Rank requirements and techniques (continued)

Brown Sash

Shaolin Stretching Drills (wushu)

1. Forward Kick
2. Cross Shoulder Kick
3. Round Kick
4. Reverse Round Kick

Stances

1. Horse
2. Forward Leaning
3. Backward Leaning
4. Spear
5. Crouch
6. Cat
7. One Legged Crane
8. X
9. Cross Bone
10. Close
11. Open
12. Parallel
13. Inward/ Outward
14. Fighting

Break Falls

1. Front
2. Side
3. Back

Blocks

1. Upward X
2. Downward X
3. Upward
4. Downward
5. Inward
6. Outward
7. Mid-Section
8. Side
9. Double
10. Circle
11. Back Body
12. Twin Knee
13. Side Knee
14. Round Knee
15. Dragon Wing

Rolls

1. Front/Forward
2. Side
3. Back

Strikes

1. Straight Punch
2. Power Punch
3. Straight Power Punch
4. Back Fist
5. Mid-Section
6. Twist Punch
7. Double Punch
8. Round Fist
9. Circle
10. Hammer Fist
11. Side Hammer
12. Knife Hand
13. Dragon Fist
14. Three Section
15. Dragon Wing
16. Downward Thrust

Brown Sash Curriculum

Rank requirements and techniques (continued)

Brown Sash

Kicks

1. Inward
2. Outward
3. Short
4. Front
5. Snap
6. Slap
7. Side
8. Hook
9. Crescent
10. Reverse Crescent
11. Back
12. Spinning Hook
13. Spin Reverse Crescent

Conditioning Drills

1. Forearm
2. Iron Palm (4 set)
3. Fist

Dragon Dome Blocking

1. Inward
2. Side
3. Mid-Section
4. Upward

Seven Stages of Second

Blocking Drills

1. Fighting Stance
2. Forward Leaning
3. Backward Leaning
4. Spear Leaning

Wing Chun Blocking

1. Wing
2. Palm Upward
3. Circling Wrist
4. Check
5. Cross Body
6. Bent Wrist
7. Inward Drop
8. Downward Slash

Chin Na (Joint Locking)

Forms

1. Four Movement Chi Kung
2. Yi Jin Jing
3. Basic Dragon
4. Student Designed 20 Movement
3. Shao Hong Chuan
4. Wooden Dummy
5. Tai Chi Short Form
6. Tai Chi Long Form

Four Movement QiGong (created by Maren Patterson) Basic Dan Tien Breathing

1. Palms reaching to heaven
2. Palms pushing pillars
3. Warding off and circling energy
4. Settling energy and drawing power

Brown Sash Curriculum

Rank requirements and techniques (continued)

Brown Sash

Dragon (created by Maren Patterson)

1. Inward block- fighting stance- right side
2. Straight punch- forward leaning stance- right side
3. Inward block- cat stance- left
4. Straight punch- forward leaning stance- left
5. Side hammer fist- forward leaning- right
6. Dragon first strike- cat stance- left
7. Reverse crescent kick- cat stance- left
8. Spinning reverse crescent kick- fighting stance- right
9. (Slap kick) sweep- fighting stance- right
10. (hook kick) dragon tail sweep- crouch stance- left
11. Dragon wing punch- forward leaning - left
12. Dragon wing block- x stance- right

13. Three sectional punch- forward leaning- left
14. Snap kick- cat stance- left
15. Side knee block/back kick- cat stance- right
16. Hook kick- x stance/ forward leaning- left
17. Circle punch- forward leaning- right
18. Straight power punch- forward leaning- left
19. Hammer fist strike- forward leaning- right
20. Dragon presentation- spear stance- right

Yi Jin Jing (Bodhidharma)

1. Skanda presents the pestle
2. Hold the subduingpestle horizontally
3. The palms prop up the heavenly gate
4. Pick the stars and replace the dipper
5. Pull back the tails of the nine bulls
6. Outstretch the claws and spread the wings
7. The nine ghosts draw the saber
8. The three body sections drop to the ground
9. The blue dragon outstretches its claws
10. The crouching tiger pounces on its prey
11. Make deep bows and beat the heavenly drum
12. Swing the tail
13. Closing

Student Designed Form

1. *See students notes.

Blue Sash Curriculum

Rank requirements and techniques (continued)

Brown Sash

The 116 Wooden Dummy Form (Yip Man/Yip Chun)

1. Refighting posture left lead hand
2. Neck pulling hand left
3. Right bong-sau
4. Right tan-sau & left lower lying-palm
5. High & low gaun-sau
6. Kwun-sau
7. Left tan-sau & right lower lying-palm
8. High & low gaun-sau
9. Right kau-sau & left tok-sau
10. Left jut-sau & right erect-palm
11. Refining posture right lead
12. Neck pulling hand right
13. Left bong-sau
14. Left tan-sau & right lower lying-palm
15. High & low gaun-sau
16. Kwun-sau
17. Right tan-sau & left lower lying-palm
18. High & low gaun-sau
19. Left kau-sau & right tok-sau
20. Left lower lying-palm & right jut-sau
21. Right indoor-area pak-sau
22. Left indoor-area pak-sau
23. Right indoor-area pak-sau
24. Left outdoor-area pak-sau
25. Left throat-cutting hand
26. Left jut-sau & right lower thrusting punch
27. Right outdoor-area pak-sau
28. Right throat-cutting hand
29. Right jut-sau & left lower thrusting punch
30. Double tok-sau
31. Right lower bong-sau
32. Right man-sau
33. Right sideward thrust-kick
34. Left lower bong-sau
35. Left man-sau
36. Left sideward thrust kick
37. High & low gaun-sau
38. Right kau-sau & left tok-sau
39. Right erect palm & left jut-sau
40. Double tan-sau
41. Huen-sau
42. Double lower lying-palms
43. Double tan-sau
44. Double upper lying-palms
45. Double jut-sau
46. Right kau-sau & left high guan-sau
47. Left kau-sau & right high guan-sau
48. Right kau-sau & left high guan-sau
49. Right erect-palm & left jut-sau
50. Right bong-sau
51. Right knee-stamping kick from side
52. High & low gaun-sau

(Continues on next page)

Blue Sash Curriculum

Rank requirements and techniques (continued)

Brown Sash

(Continued)

The 116 Wooden Dummy
Form (Yip Man/Yip Chun)

53. Left kau-sau & right
high guan-sau

54. Right kau-sau & left
high guan-sau

55. Left Kau-sau & right
high gaun-sau

56. Facade right kau-sau &
left lower lying-palm

57. Left bong-sau

58. Left knee-stamping
kick from the side

59. High & low guan-sau

60. Right kau-sau & left
tok-sau

61. Right erect-palm &
right jut-sau

62. Flipping-Hand
movement from the
right fook-sau

63. Flipping-hand
movement from the
right fook-sau

64. Flipping-hand
movement from the
right fook-sau

65. Right kau-sau & left
lower lying-palm

66. Kwun-sau

67. Facade po-pai double-
palm movement

68. Bong-sau

69. Po-pai double-palm
movement from the
side

70. High & low gaun-sau

71. Facade po-pai double-
palm movement

72. Right bong-sau

73. Po-pai double-palm
movement from the
side

74. High & low gaun-sau

75. Left kau-sau & right
fook-sau

76. Left lower lying-palm &
right jut-sau

77. High & low gaun-sau

78. High & low gaun-sau

79. Right bong-sau

80. Right grappling-hand
& left throat-cutting
hand

81. Left pak-sau & right
spade-hand

82. Left bong-sau

83. Left grappling-hand &
right throat-cutting
hand

84. Right pak-sau & left
spade-hand

85. Right bong-sau

86. Left crossed stamp-kick

87. Left bong-sau

88. Right crossed stamp-
kick

89. High & low gaun-sau

90. Right kau-sau & left
tok-sau

91. Right erect-palm & left
jut-sau

92. Right lower bong-sau

93. Left lower bong-sau

94. Right lower bong-sau

95. Right spade-hand &
left facade thrust-kick

96. Facade knee-stamping
kick

97. Foot-stamping & left
lower bong-sau

98. Right lower bong-sau

99. Left lower bong-sau

100. Left spade-hand &
right facade thrust-kick

(Continues on next page)

Blue Sash Curriculum

Rank requirements and techniques (continued)

Brown Sash

(Continued)

The 116 Wooden Dummy
Form (Yip Man/Yip Chun)

101. Right facade knee-
stamping kick

102. Foot-stamping & right
gum-sau

103. Left sideward slap-palm
& right lower lying-palm

104. Left gum-sau

105. Right sideward slap-
palm & left lower lying-
palm

106. Right gun-sau

107. Left pak-sau & right off-
body lower thrust-kick

108. Left gum-sau

109. Right pak-sau & left off-
body lower thrust-kick

110. Right bong-sau

111. Grappling-hand & right
sweep-kick while
turning

112. Left bong-sau

113. Grappling-hand & left
sweep kick while turning

114. High & low gaun-sau

115. Right kau-sau & left tok-
sau

116. Right erect-palm & left
jut-sau

117. Final withdrawal
movement

Brown Sash Curriculum

Rank requirements and techniques (continued)

Brown Sash

Shao Hong Chuan

1. Embracing the moon
2. White clouds cover head
3. Advance step and strike with palm
4. Contract the body and bend elbow
5. Advance step and strike with palm
6. Turn body and strike with back of palm
7. Advance step and strike with palm
8. Turn around and raise leg with cross hands
9. Outside lotus sweep
10. Move right obliquely
11. Contract body and bend elbows
12. Advance step and high rising front kick
13. Move left obliquely
14. Squat down and turn around with whirling arms
15. Lion opens its mouth
16. Clouds cover the head and seven stars
17. Single whip on horse stance
18. Contract body and bend elbow
19. Advance step and shoot hands
20. Tornado kick and skyward cannon punch
21. Scorpion tail kick
22. Lion opens its mouth
23. Push palm in original step
24. Level palms and retreat double steps
25. Turn body and strike with back of palm
26. Advance step and strike with palm
27. Turn around and raise leg with cross hands
28. Outside lotus sweep
29. Elbow strike
30. Contract body and bend elbow
31. High rising kick and elbow strike
32. Squat down and turn with whirling arms
33. Lion opens its mouth
34. Clouds cover the head and seven stars
35. Single whip on horse stance
36. Contract body and bend elbow
37. Advance step and shoot hands
38. Right snap kick
39. Strike right hand
40. Turn body and strike left palm
41. Turn body and strike right palm
42. Left snap kick
43. Strike left palm
44. Turn body and strike right palm
45. Turn body and strike left palm
46. Jump step and seize moon from sea bottom
47. Withdraw and crunch fist
48. Advance step and punch upward
49. Raise leg and hold fist beside ear

(Continues on next page)

Brown Sash Curriculum

Rank requirements and techniques (continued)

Brown Sash

(Continued)

Shao Hong Chuan

50. Lower leg and punch downward
51. Roll arms and contract body
52. Advance step and strike with palm
53. Clouds cover head and stomp foot and pound fist
54. Strike tiger and sit on the mountain
55. Closing

Tai Chi Short Form (Dr. Lam-based on 42 Step International Competition Routine)

1. Commencing form
2. Left brush knee
3. Right brush knee
4. Turn to punch
5. Step forward parry and punch
6. Apparent close up
7. Opening and closing of hands
8. Right heel kick
9. Left heel kick
10. Cover with hand and punch with fist part 1
11. Cover with hand and punch with fist part 2
12. Left parting wild horse's mane
13. Right parting wild horse's mane
14. Stroking birds tail- left side
15. Cross hands
16. Closing form

Brown Sash Curriculum

Rank requirements and techniques (continued)

Brown Sash

Tai Chi Long Form (Chen Style Old Frame Fist Form-Ren Guang Yi)

1. Preparing form
2. The vajra prestles
3. Lazy about tying coat
4. Six sealing and four closing
5. Single whip
6. The vajra prestles
7. The white crane spreads wings
8. Walking obliquely
9. Brushing knee
10. Stepping forward three steps
11. Walking obliquely
12. Brushing knee
13. Stepping forward three steps
14. Striking with concealed fist
15. The vajra prestles
16. Striking down by twisting body obliquely
17. Green dragon emerges from water

18. Pushing with both hands
19. Striking with fist beneath elbow
20. Stepping back whirling arms
21. The white crane spreads wings
22. Walking obliquely
23. Flashing turn to the back
24. Striking with concealed fist
25. Six sealing and four closing
26. Single whip
27. Revolving arms
28. High patting on horse
29. Brushing right foot
30. Brushing left foot
31. Kicking with left heel and following
32. Stepping up three steps
33. Pounding the ground
34. Double jump kick
35. Protect the heart fist
36. Cyclone kick

37. Kicking with right heel and following
38. Striking with concealed fist
39. Small grasping strike
40. Embracing head and pushing mountain
41. Six sealing and four closing
42. Single whip
43. Frontal block
44. Rear block
45. Ruffling the wild horse's mane
46. Six sealing and four closing
47. Singling whip
48. Fair maiden weaves shuttle
49. Lazy about tying coat
50. Six sealing and four closing
51. Single whip
52. Revolving arms
53. Waving hands and sweeping double lotus
54. Falling into a split
55. Golden rooster stands on one leg
56. Stepping back whirling arms

*Continued on next page

Brown Sash Curriculum

Rank requirements and techniques (continued)

Brown Sash

(Continued)

Tai Chi Long Form (Chen Style

Old Frame Fist Form- Ren

Guang Yi)

57. The white crane spreads wings
58. Walking obliquely
59. Flashing turn to the back
60. Striking with concealed fist
61. Six sealing and four closing
62. Single whip
63. Revolving arms
64. High patting on horse
65. Crossed feet
66. The punch of crotch
67. The ape presents fruits
68. Single whip
69. The sparrow dashes earth dragon
70. Stepping up to seven star
71. Stepping back crossing arms
72. Waving hands and sweeping double lotus
73. Canon fist to the head
74. The vajra prestles
75. Closing form

Brown Sash Curriculum

Rank requirements and techniques (continued)

Brown Sash

Students Notes:

Brown Sash Curriculum

Rank requirements and techniques (continued)

Brown Sash

Students Notes:

Black Sash Curriculum

Rank requirements and techniques (continued)



Black Sash

*Black sash is awarded upon successful completion of the brown sash material and exam. Once the black sash is achieved, the student may continue with the below listed curriculum.

All of the white, yellow, blue, and brown sash material with a repetition of 100 along with the following.

Exam questions: (with added explanation)

- 🌀 What is Gung Fu? Hard working men and women.
- 🌀 Where did Gung Fu originate? Africa, India and China.
- 🌀 What is a horse stance? Strong trunk and strong foundation.
- 🌀 What is the first rule of combat? Stay calm.
- 🌀 What is the second rule of combat? Always look your opponent in the eyes or torso.
- 🌀 What is the third rule of combat? move when your opponent moves.
- 🌀 What is the fourth rule of combat? Breath when you get hit.

Rules of power: (with added explanation)

- 🌀 What does the waist do? The waist triggers the power.
- 🌀 What does relaxation do? Relaxation carries the power.
- 🌀 What does breathing do? Breathing enhances the power.

Incorporate waist (triggering) relaxation/tensing and breathing into all the techniques.

Learning how to breathe when struck.

Footwork and introduction to the box.

Understanding shapes.

Breathe control. (Reverse breathing and Long breathe)

Assistant instructor training. (Appropriate methods of education)

Black Sash Curriculum

Rank requirements and techniques (continued)

Black Sash

Students Notes:

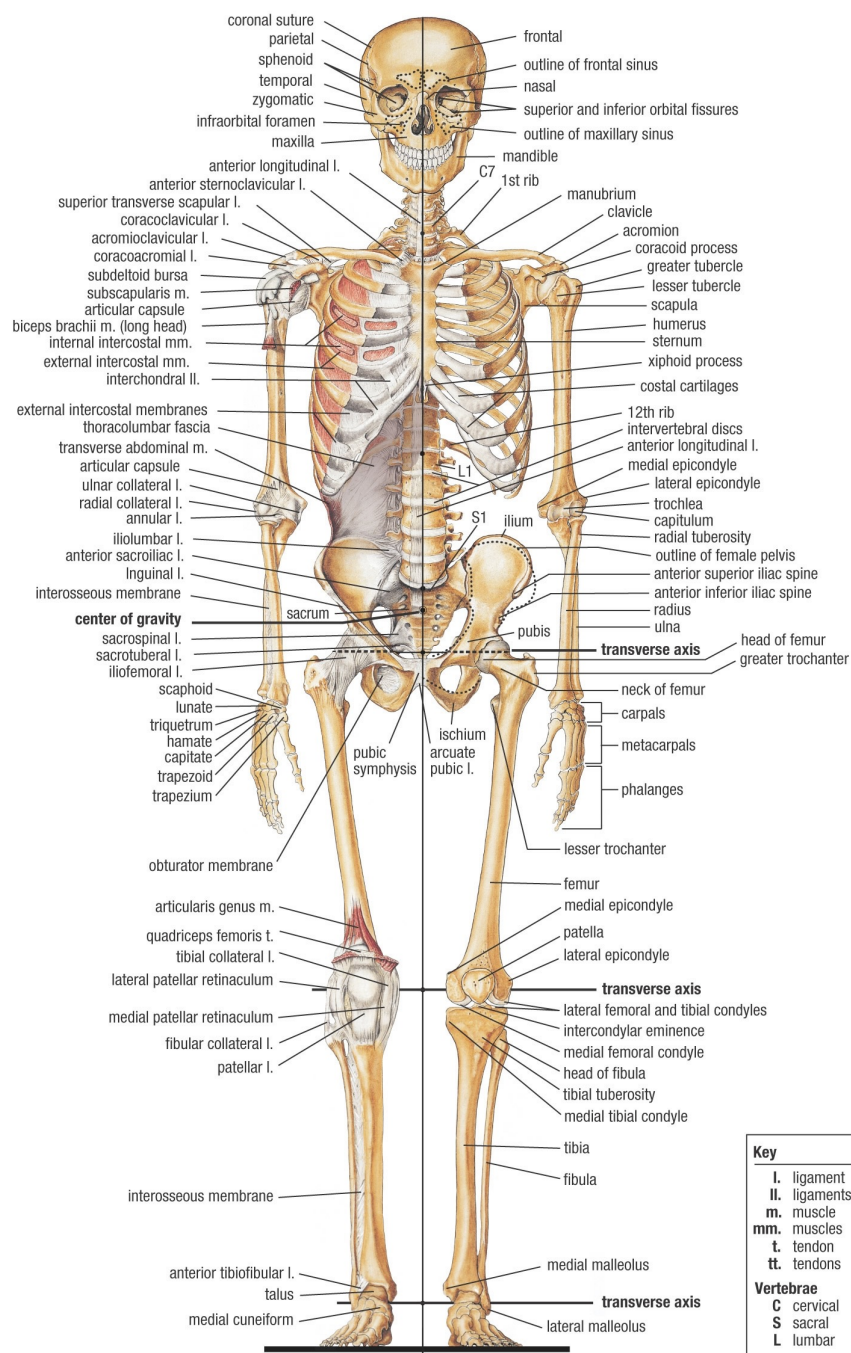
Black Sash Curriculum

Rank requirements and techniques (continued)

Black Sash

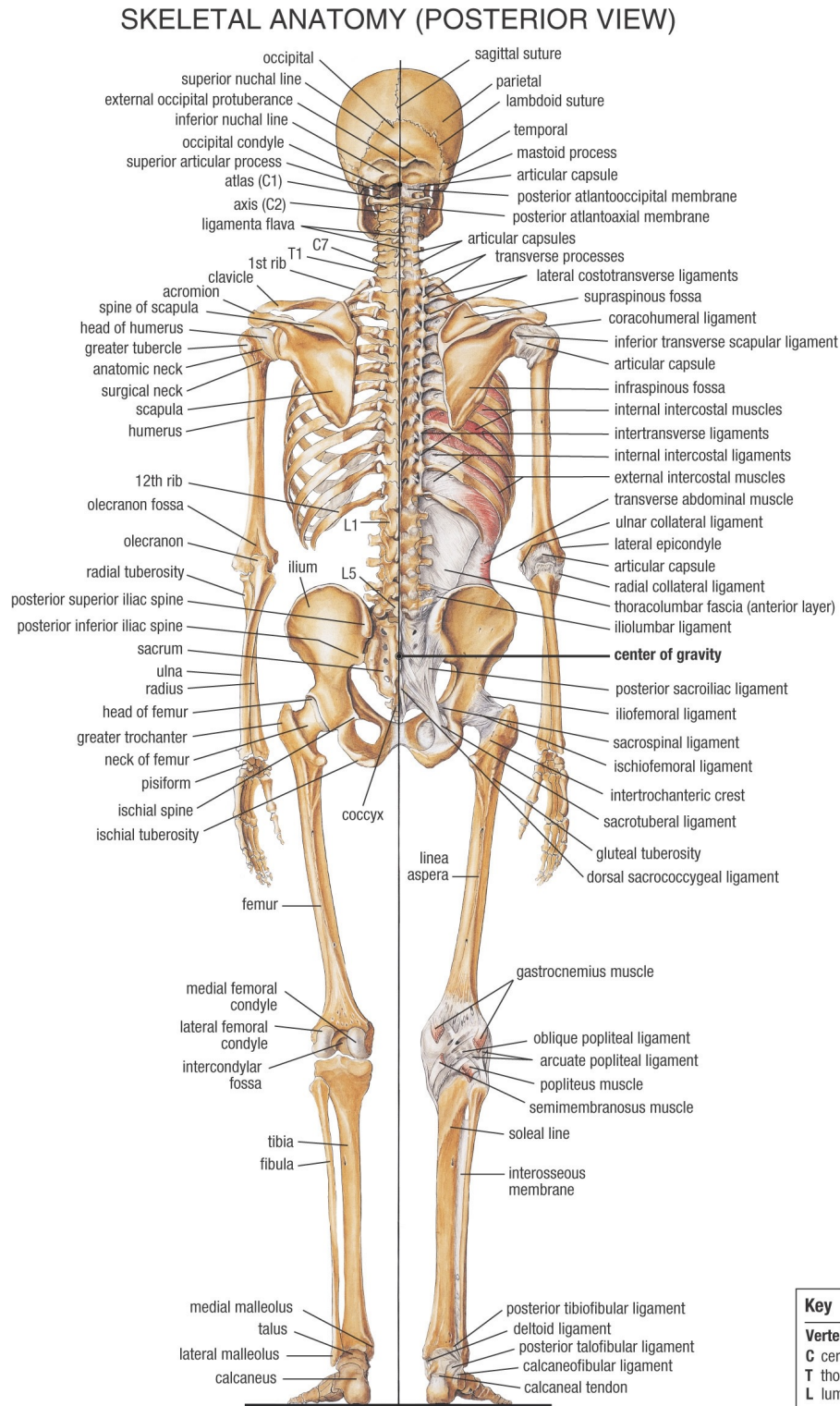
Students Notes:

SKELETAL ANATOMY (ANTERIOR VIEW)



Diagrams

Skeletal structure chart (continued)

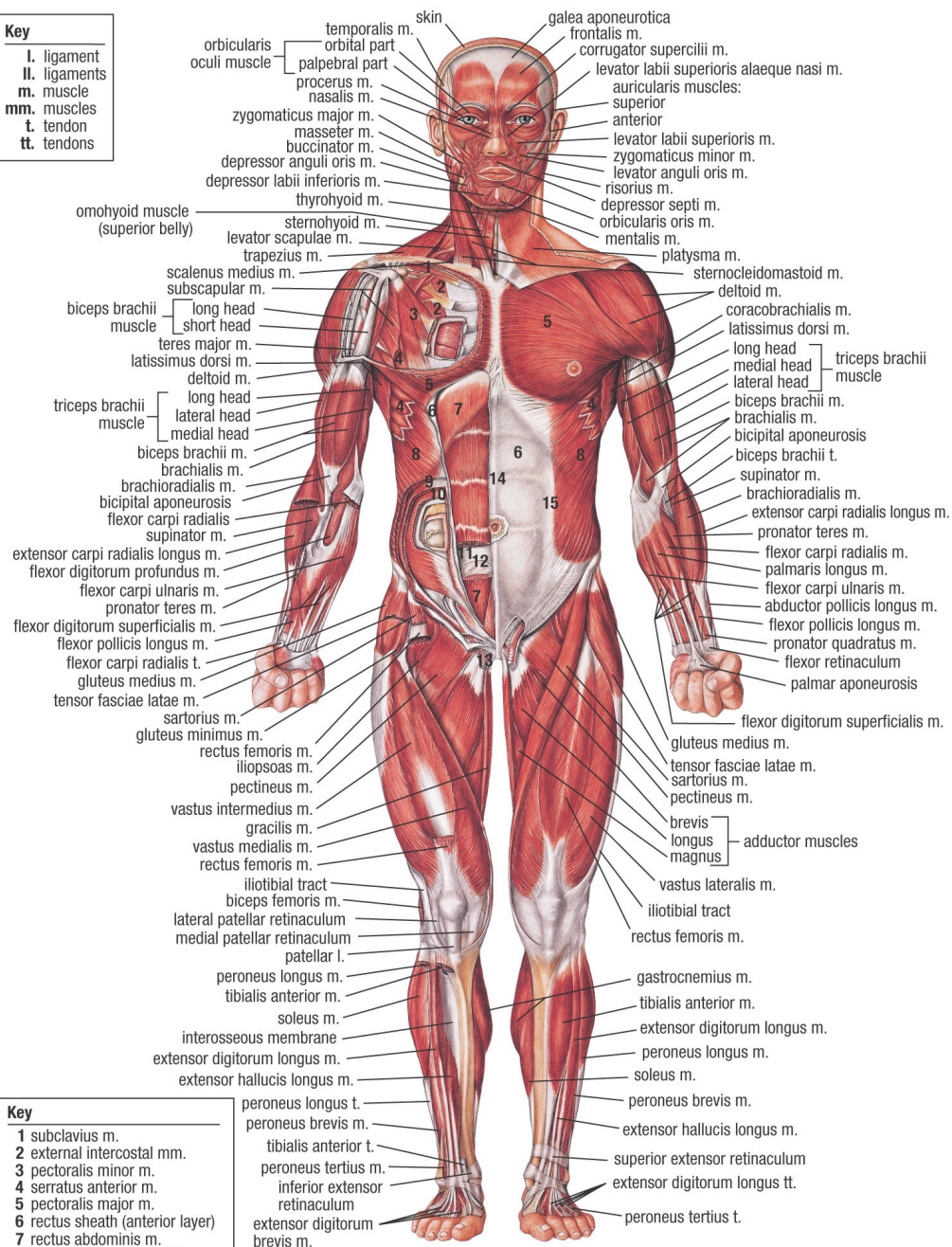


Diagrams

Muscular system chart

MUSCULAR SYSTEM (ANTERIOR VIEW)

Key	
I.	ligament
II.	ligaments
m.	muscle
mm.	muscles
t.	tendon
tt.	tendons



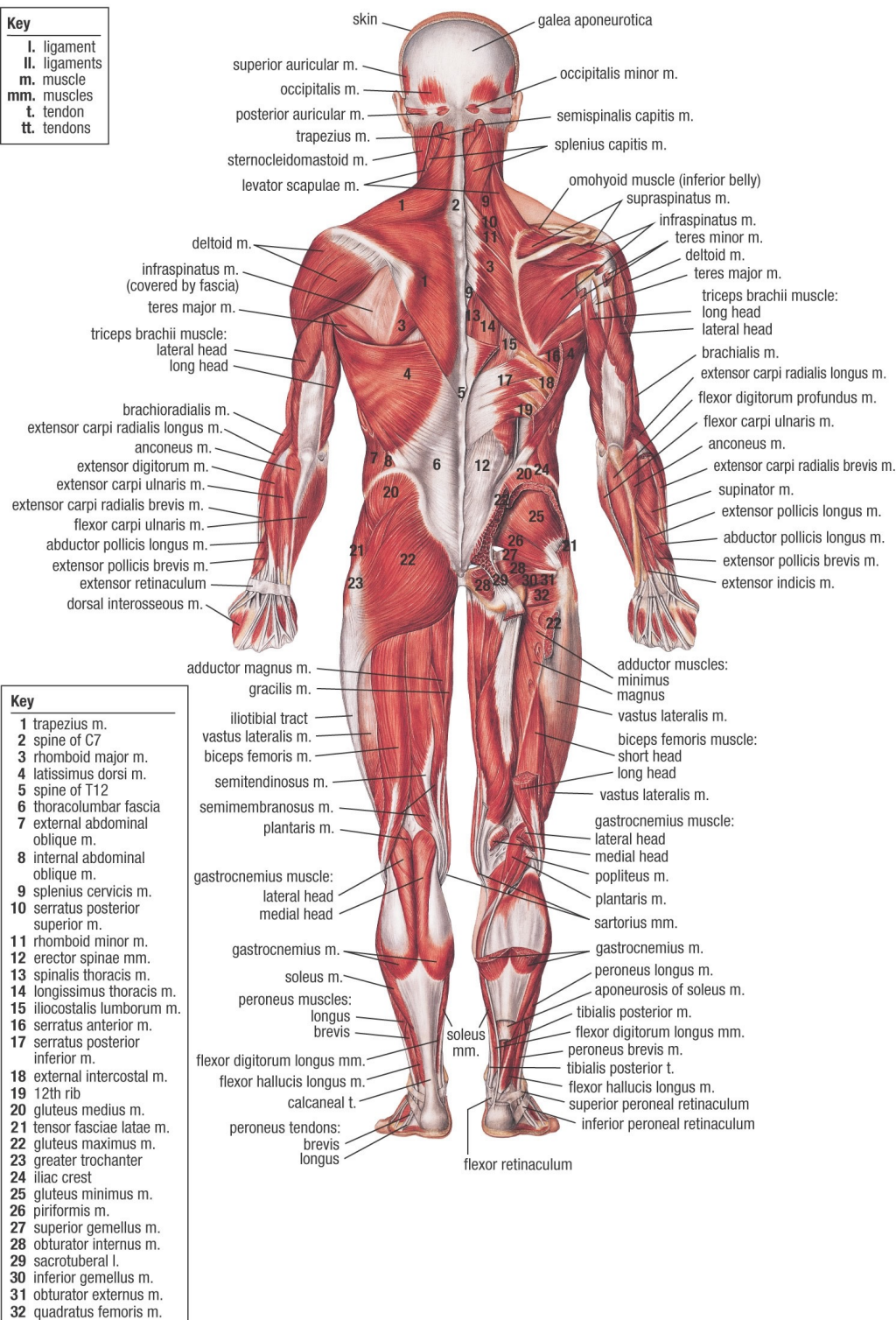
Key	
1	subclavius m.
2	external intercostal mm.
3	pectoralis minor m.
4	serratus anterior m.
5	pectoralis major m.
6	rectus sheath (anterior layer)
7	rectus abdominis m.
8	external abdominal oblique m.
9	internal abdominal oblique m.
10	transversus abdominis m.
11	rectus sheath (posterior layer)
12	arcuate line
13	cremaster m.
14	linea alba
15	aponeurosis of external abdominal oblique m.

Diagrams

Muscular system chart (continued)

MUSCULAR SYSTEM (POSTERIOR VIEW)

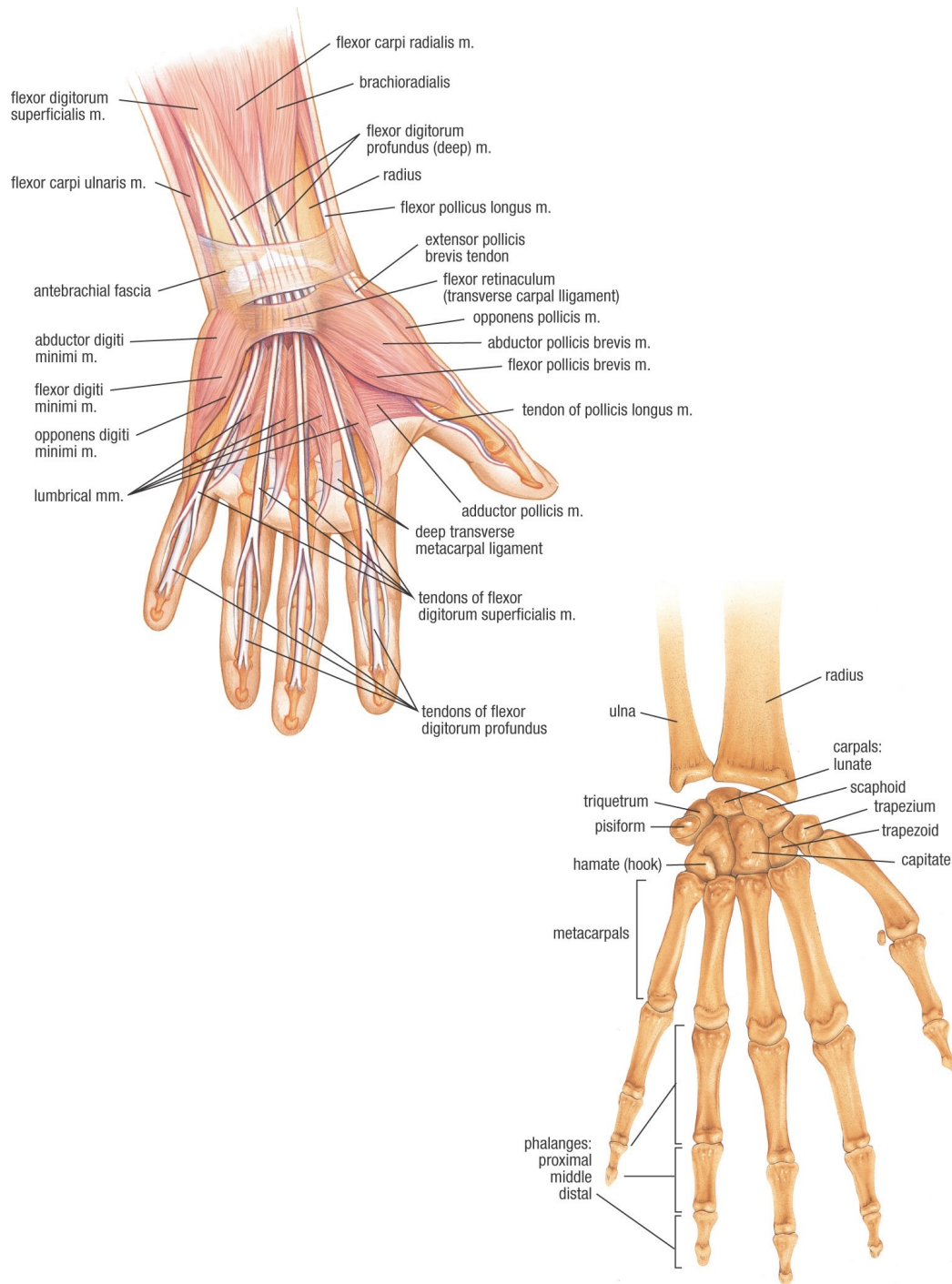
Key	
I.	ligament
II.	ligaments
m.	muscle
mm.	muscles
t.	tendon
tt.	tendons



Diagrams

Muscular and Skeletal structure chart

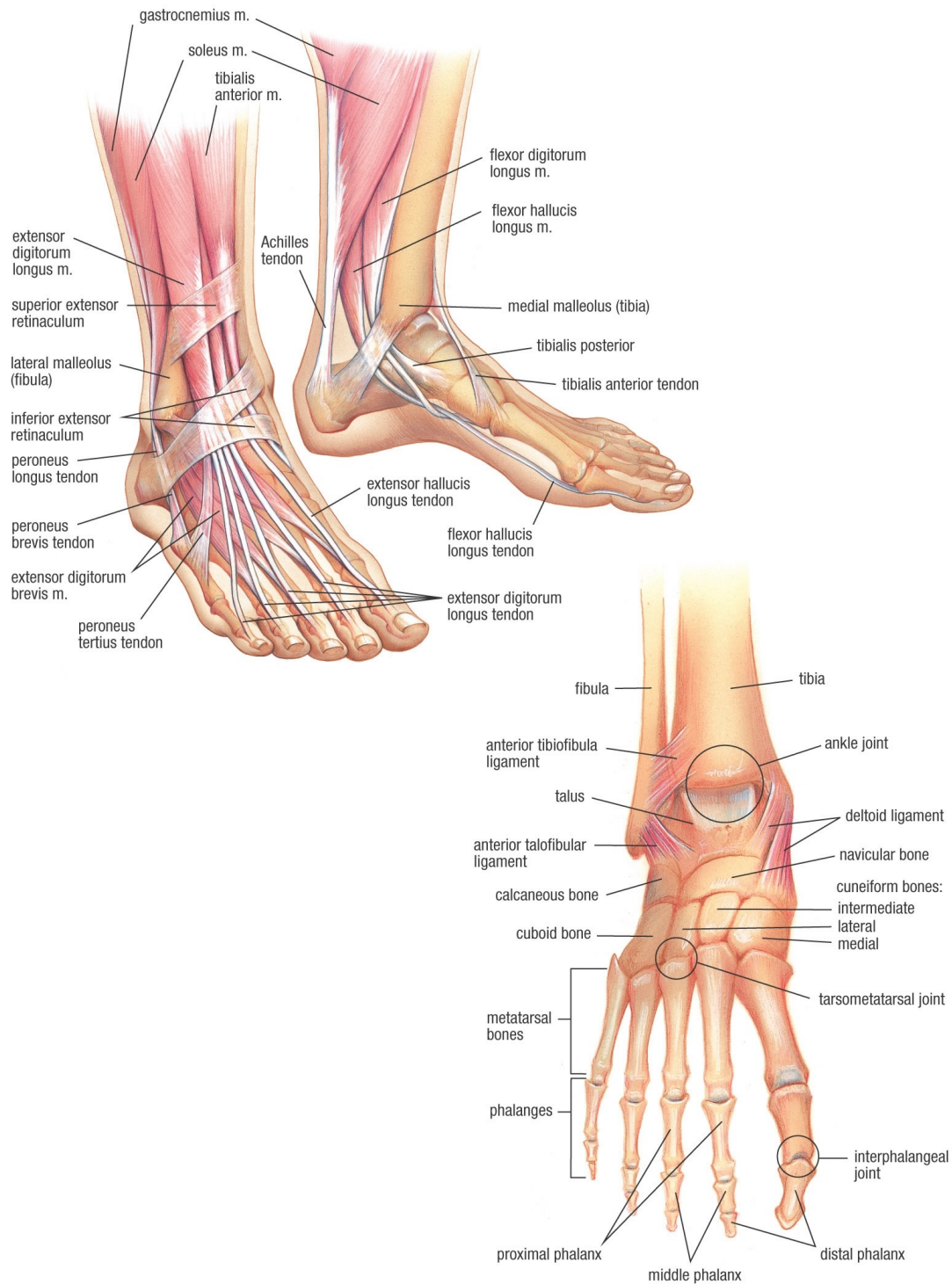
MUSCULAR AND SKELETAL ANATOMY OF WRIST AND HAND (PALMAR VIEW)



Diagrams

Muscular and Skeletal structure chart (continued)

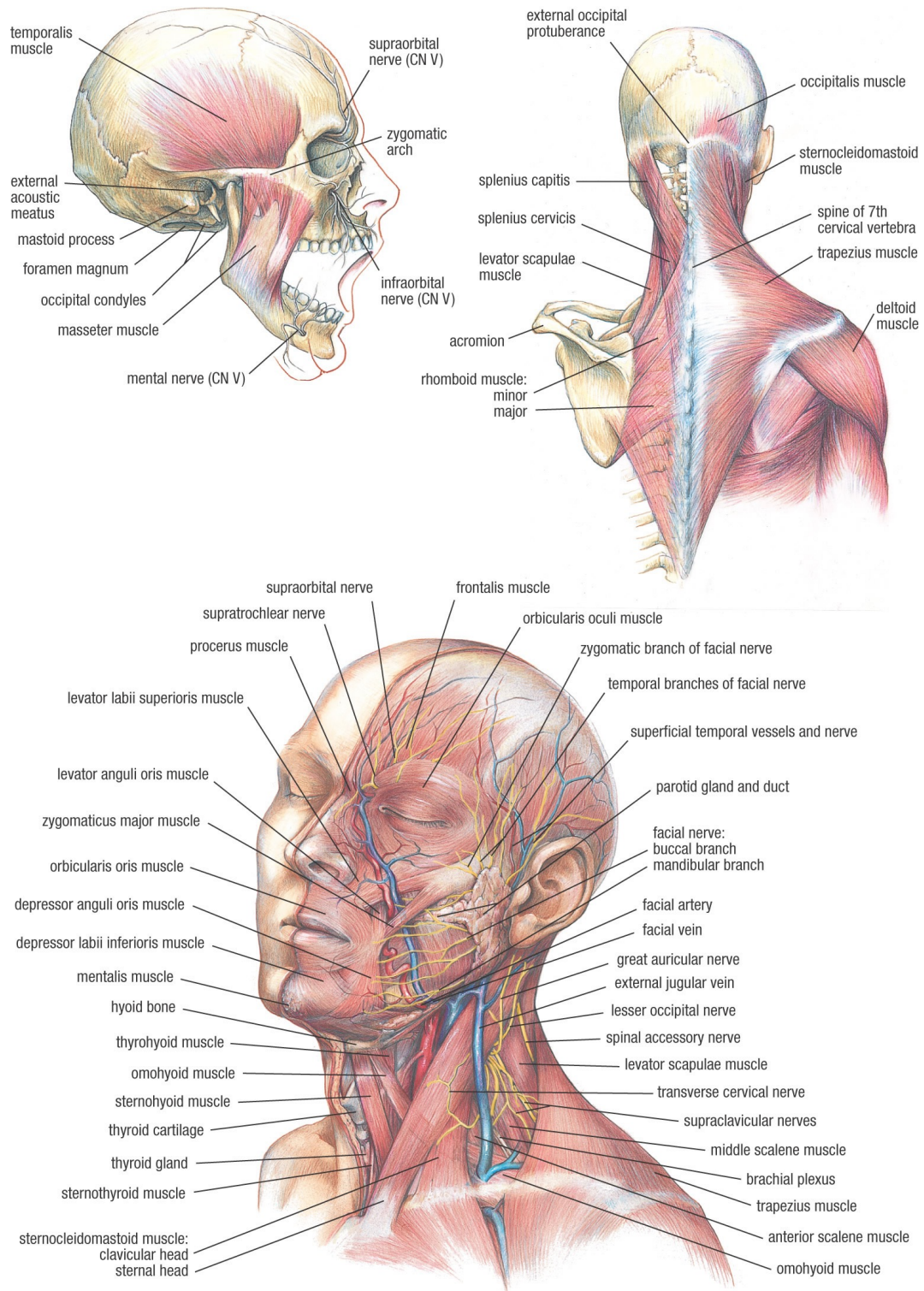
MUSCULAR AND SKELETAL ANATOMY OF ANKLE AND FOOT (ANTERIOR VIEW)



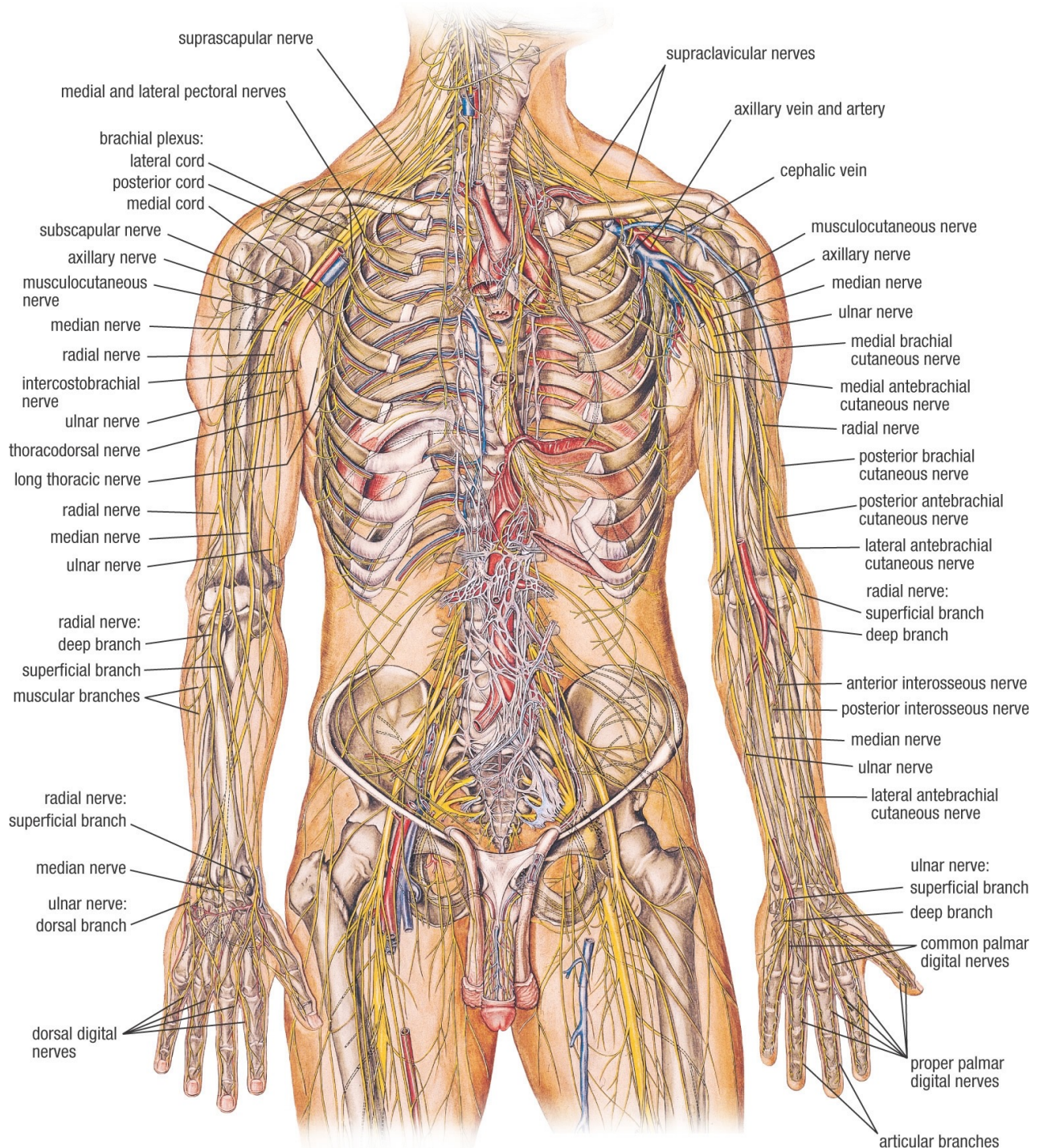
Diagrams

Muscular and Skeletal structure chart (continued)

MUSCULAR ANATOMY OF HEAD AND NECK



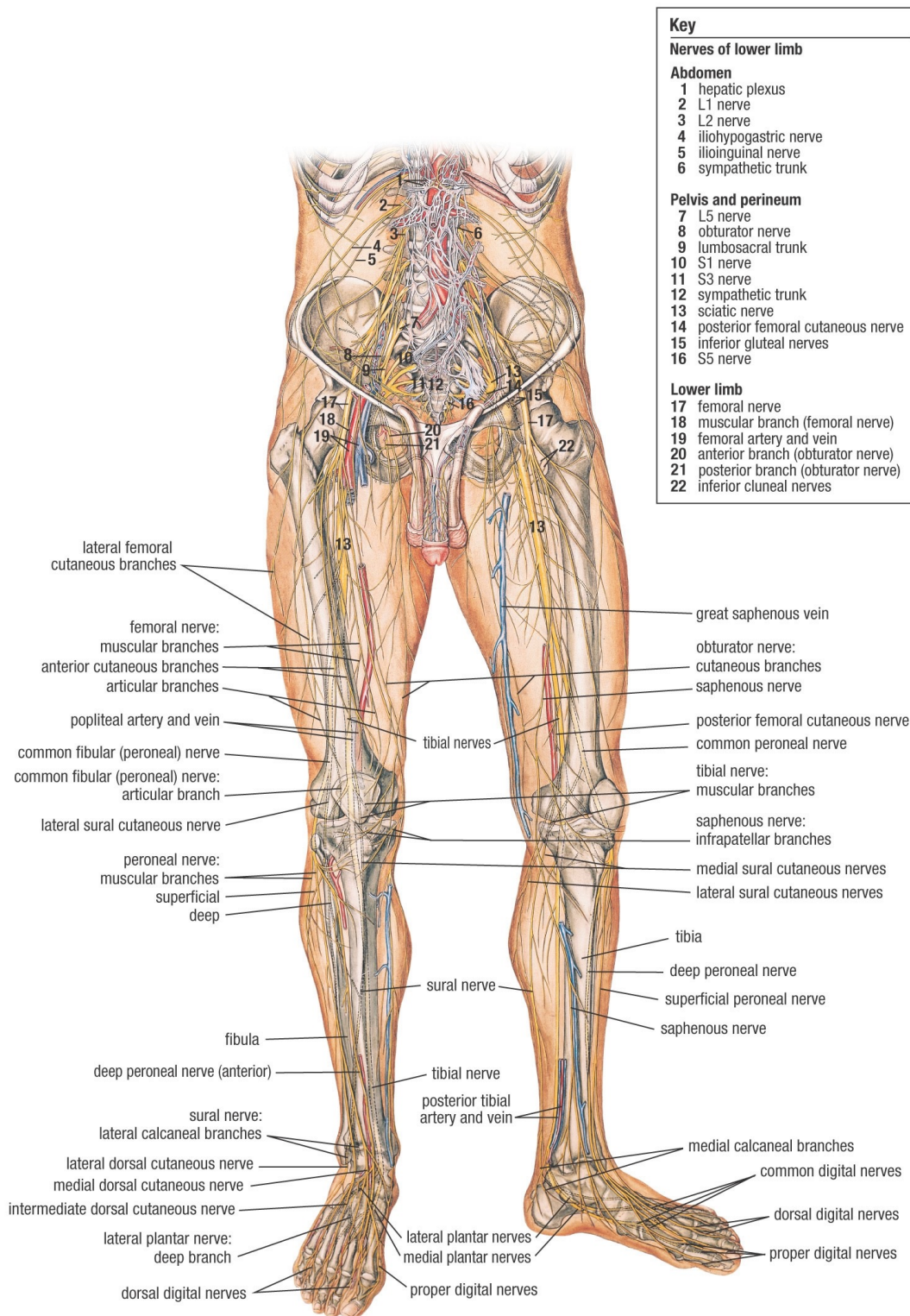
NERVOUS SYSTEM OF THORAX AND UPPER LIMB (ANTERIOR VIEW)



Diagrams

Nervous system chart (continued)

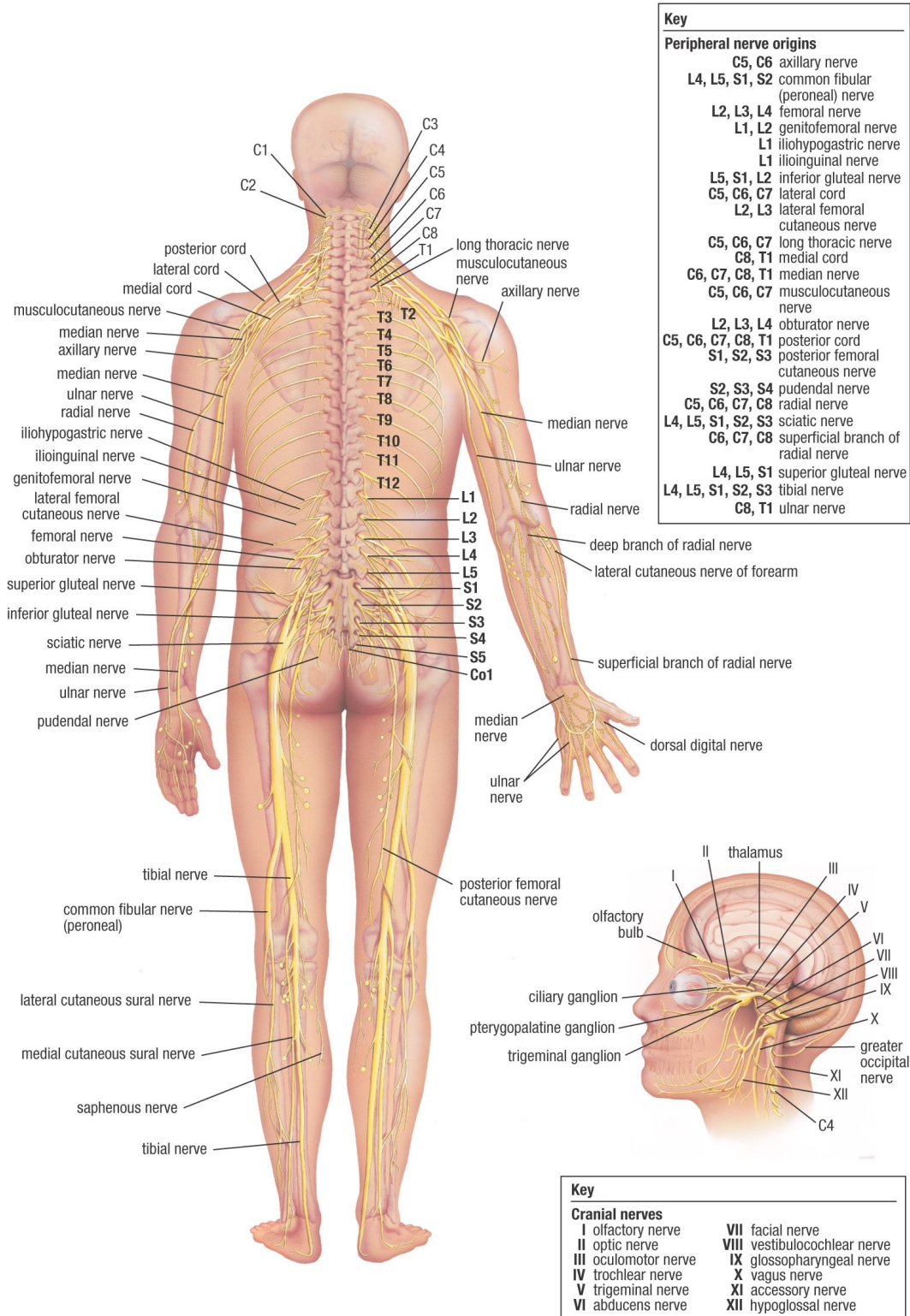
NERVOUS SYSTEM OF PELVIS AND LOWER LIMB (ANTERIOR VIEW)



Diagrams

Nervous system chart (continued)

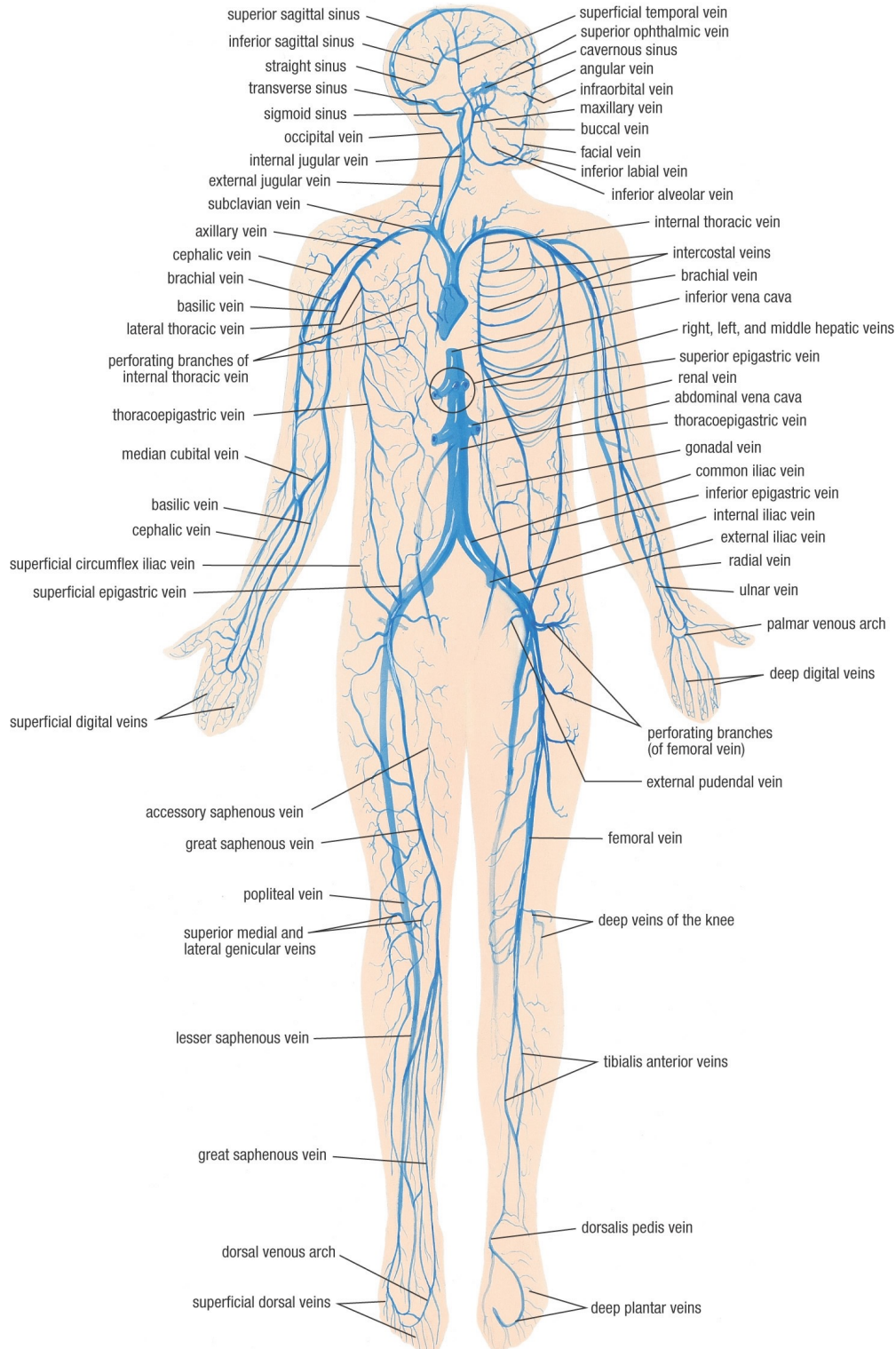
SPINAL AND CRANIAL NERVES



Diagrams

Venous system chart

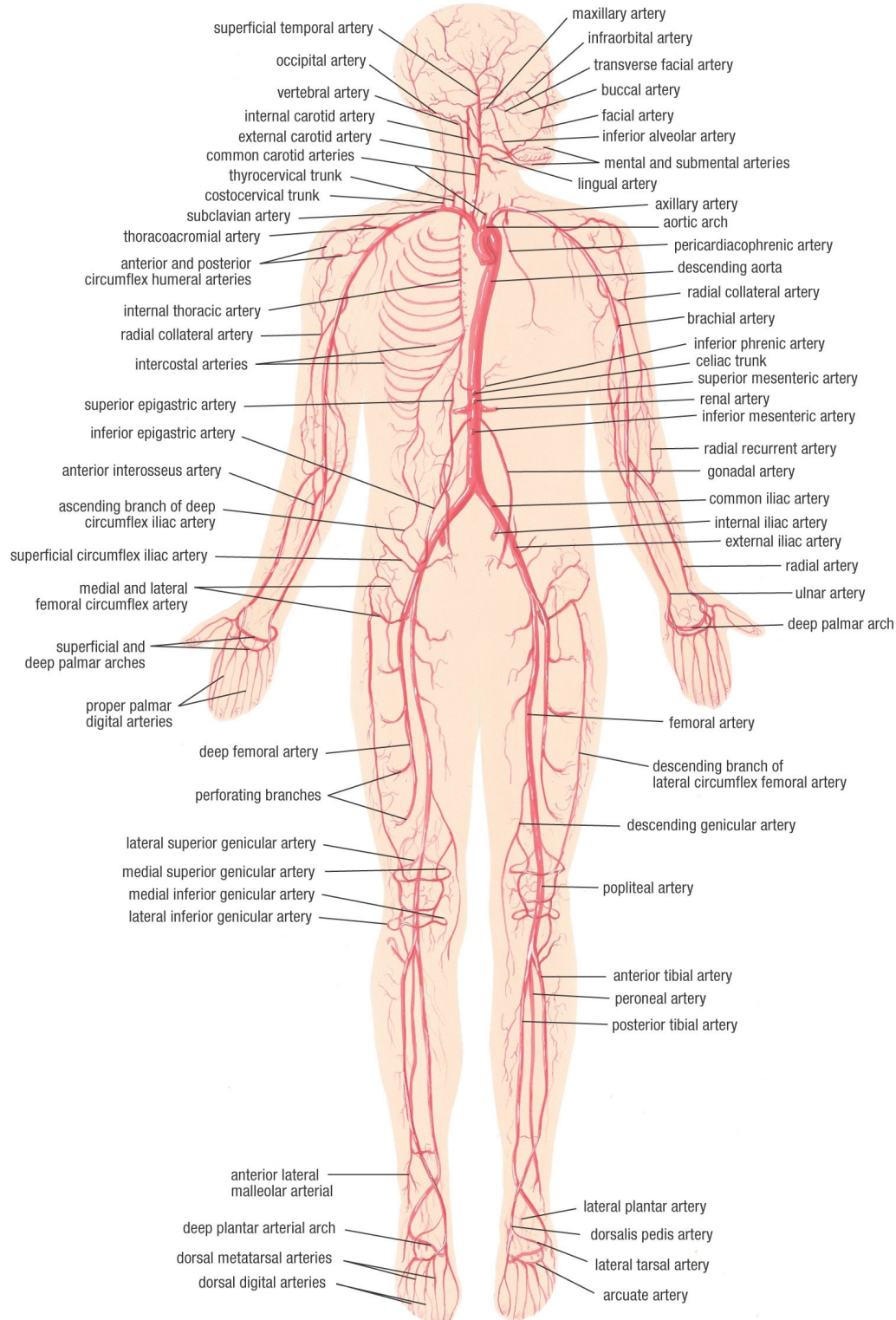
VENOUS SYSTEM (ANTERIOR VIEW)



Diagrams

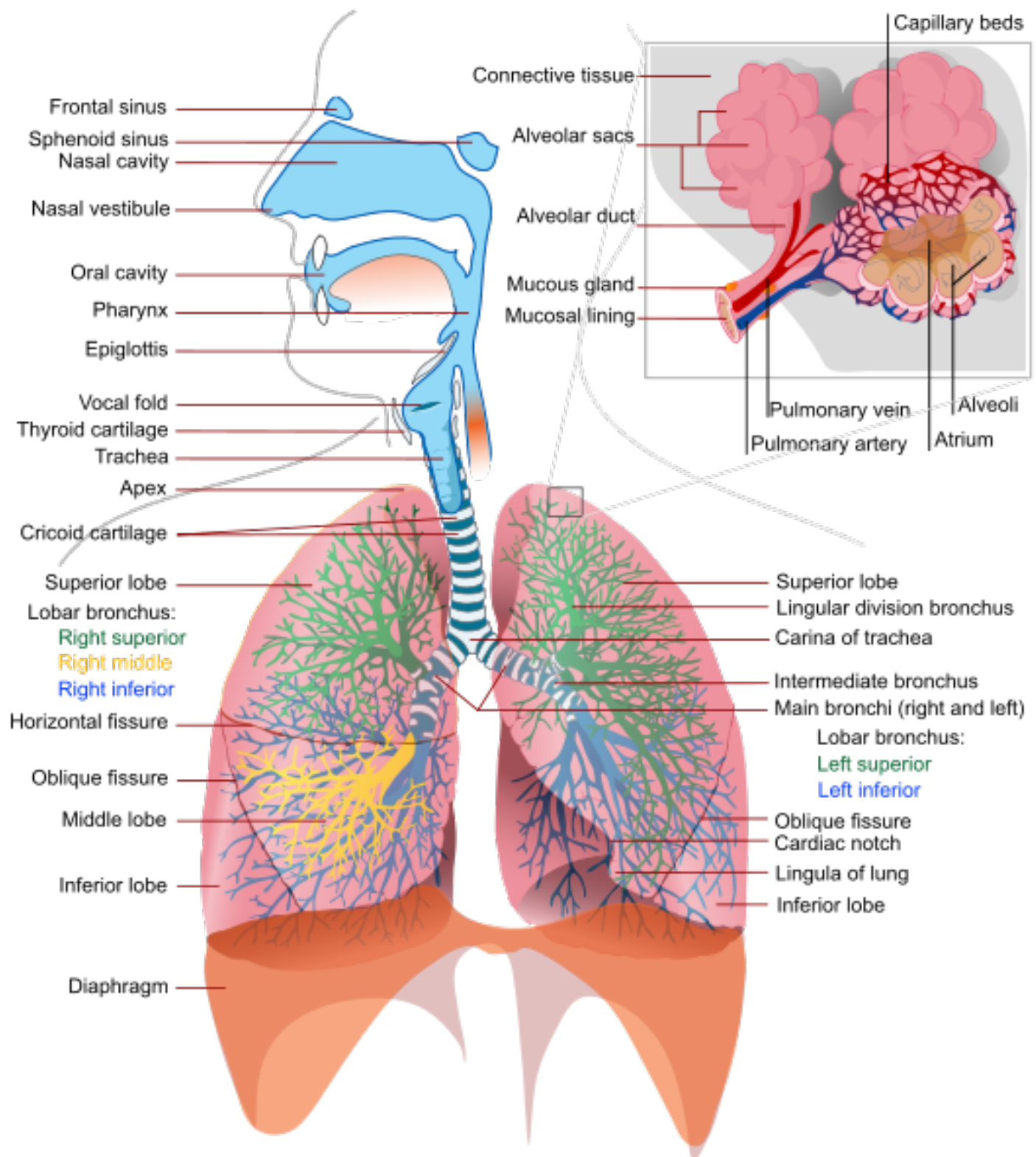
Arterial system chart

ARTERIAL SYSTEM (ANTERIOR VIEW)



Diagrams

Respiratory system chart



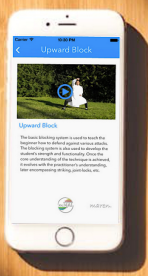
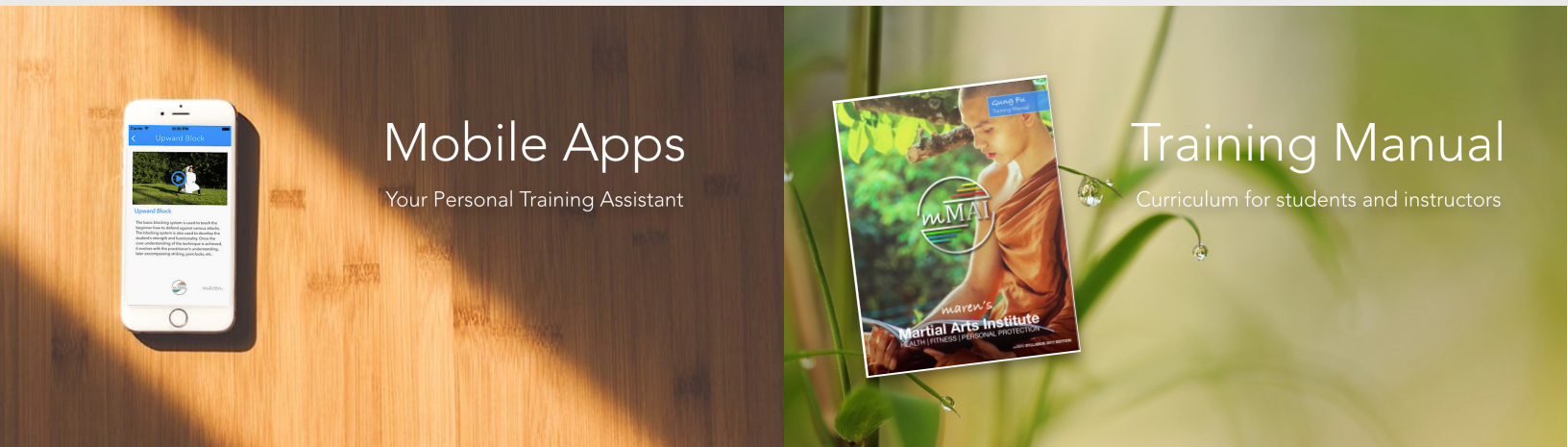
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