

YELLOW PEEWEE GRADE

SALUTATIONS

Greetings one to one, Entering the room.

STANCES

Bear Stance, Riding Horse, Snake, Dragon, Open Snake.

PUNCHES

Ram Punch in Riding Horse

Ram Punch in Dragon

Sun Punch in Riding Horse

Sun Punch in Snake

KICKS

Lightning from Snake, front and rear

Side Dragon from Snake, front and rear

Thrust kick from Snake, front and rear

CLOCK STEPPING

*5 O'clock (left Open Snake), 6 O'clock (left Snake),
Back 6 (right snake), 7 O'clock (right Open Snake)*

ESCAPES

Side Head Lock

Full Nelson

BLOCKS (in Riding Horse)

Cuts, Palm Offs, Cranes Neck Hook

GREEN PEEWEE GRADE

SALUTATIONS

Formal salutation open and close, More than one instructor.

STANCES

Monkey, Cat, Crane 1 (Traditional), Hanging Horse.

PUNCHES

Ram then Reverse Ram in Dragon

Back fist in Snake

Rear Back fist in Snake

Open Sun in Open Snake

KICKS

Cross Dragon Stamp from Snake

Roundhouse Kick, front and rear

Lightning Roundhouse Combo, front and rear

CLOCK STEPPING - ALL

1, 3, 5, 6, Back 6, 7, 9, 11

ESCAPES - GRAB DEFENCE

Single Wrist Grab

Two Hand Wrist Grab

Hair Grab Behind

Double Wrist Grab

Hair Grab Front

Throat Grab

BLOCK AND STEP TO CLOCK POSITION

5 O'clock with Cut

6 O'clock with Palm Off

Back 6 with Palm Off

7 O'clock with Cut.

FIRST HALF FIST FORM

With open salutation

ORANGE PEEWEE GRADE

FIST FORM SECOND HALF

Formal salutation to close

HAND DEFENCE AGAINST A PUNCH

1. 5 O'clock left Open Snake, cut and grab, reverse Ram to stomach.
2. 7 O'clock right Open Snake, cut and grab, reverse Ram to kidneys
3. 6 O'clock left Snake, palm off, reverse Sun to face
4. Back 6 right Snake, palm cut combo, Back fist to face
5. Mid section punch, 7 O'clock right Open Snake, Crane's Neck Hook, Back fist to face.

KICK DEFENCE

1. Thrust kick attack, back to 6 O'clock or Back 6 Rear
2. Dragon with Whipping Branch and hand Back fist counter.
3. Roundhouse attack, Scissor block in Tiger
4. Thrust kick attack, cut in Dragon (5 and 7 O'clock) front hand block.
5. Thrust kick attack, Willow block in 6 O'clock and Back 6 Snakes.

KICKS

9 Elephant kicks - 4 in Snake (front leg), 4 in Open Snake (rear leg), 1 in left Snake (rear leg)

ESCAPES

Bear Hugs- Low and high

THROWS

Rolling Arm, Hip Throw.

SPARRING

RED PEEWEE GRADE

FIRST HALF TIGER AND DRAGON FORM

TIGER FIGHTING

PUNCHES

Leopards Paw in Riding Horse

Pounding Wave in Snake and Open Snake

Cranes Beak

STEPPING

Ladder Step Back Fist

Ladder Step Scorpion

Crescent Step Open Sun

Scissor Step Back fist

Cross Leg Step Sun Punch

GWAN AGAINST GWAN

FOUR STAR



BROWN PEEWEE GRADE

TIGER AND DRAGON FORM SECOND HALF

APPLICATION OF CHICKEN

- 2 Against a Punch*
- 2 Against a Thrust Kick*

PUNCHES

- Hammer Fist x 2*
- Cloudy Palm x2*
- Cranes Neck x2*
- Reverse Cranes Neck x2.*

KICKS

- Donkey*
- Sky kick*
- Earth kick*
- Crescent kick*
- Moon kick*
- Axe kick*
- Butterfly*
- Thunder kick*

BOX STEPS

LEG SWEEPS

- Leg Scissor*
- Dragon*
- Box Step*
- Left leg outer*
- Outergate*
- Rear Dragon*

PURPLE PEEWEE GRADE

FIRST HALF YOUNG DRAGON

ARM LOCKS

1. Inside Figure 4
2. Outside Figure 4
3. Single Plough
4. Back Hammerlock over wrist
5. Back Hammer under over wrist
6. Elbow lever

FOUR WINDS PATTERN

FOOT SWEEPS - All in Snake

2 in left

2 in right (rear Palm Off)

CUDGEL DEFENCE

1. 3 downward strikes
2. 3 back hand swing
3. 1 forehand swing
4. 2 low forehand and backhand

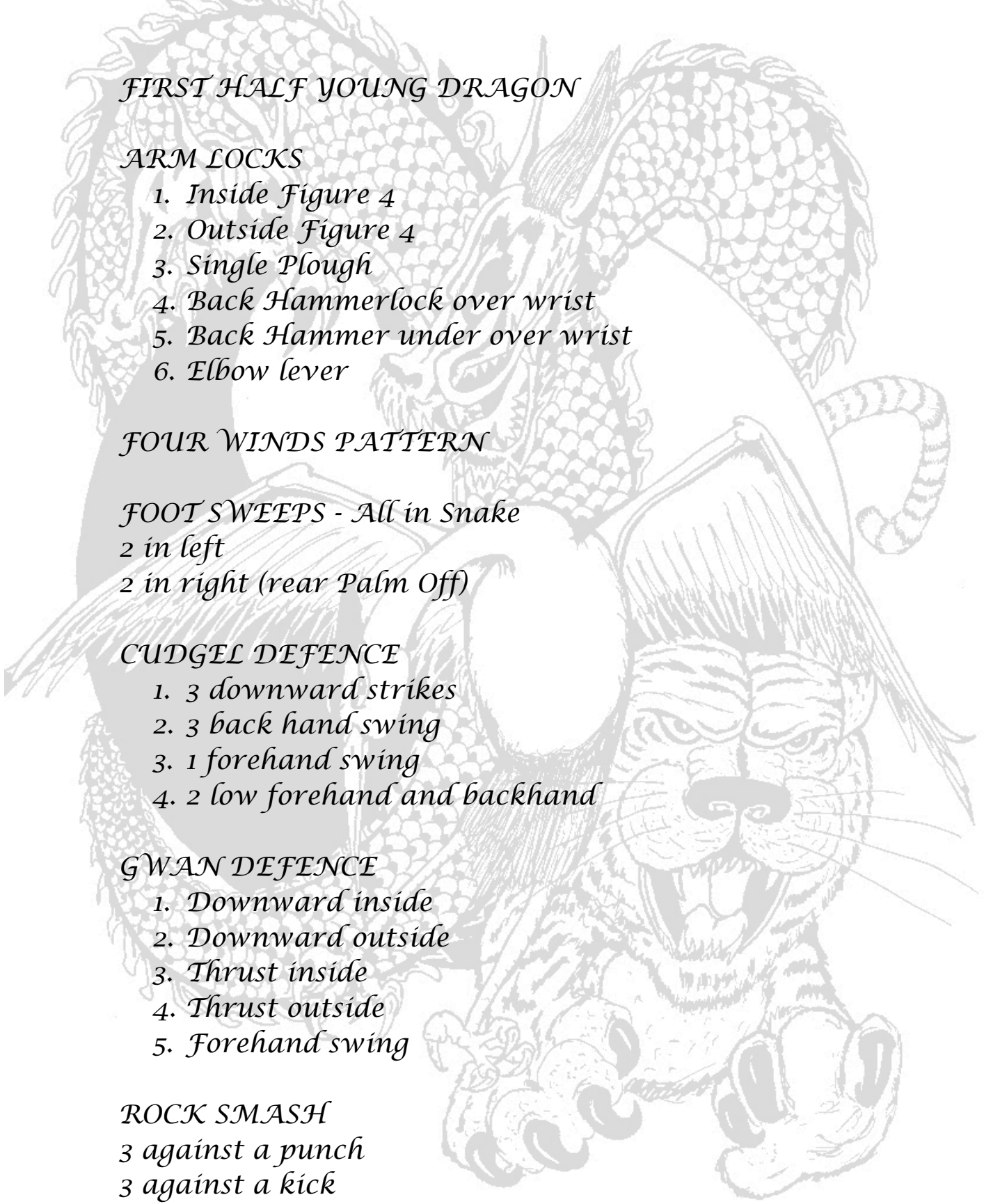
GWAN DEFENCE

1. Downward inside
2. Downward outside
3. Thrust inside
4. Thrust outside
5. Forehand swing

ROCK SMASH

3 against a punch

3 against a kick



BLUE PEEWEE GRADE

YOUNG DRAGON WITH SALUTATION

NERVE STRIKES

1. Temple (Dragons Head)
2. Bridge of Nose (Phoenix)
3. Philtrum (Leopards Paw)
4. Jaw Line (Buffalo)
5. Pectoral (Dragons Head)
6. Armpit & Pec (Crabs Claw)
7. Sternum (Dragons Head)
8. Forearm (Leopards Paw)
9. Back of Hand (Dragons Head)
10. Knee (Crabs Claw)
11. Bridge of Foot (Dragons Head)

THROWS

Miller, Monkey Climb, Shoulder

HAND STRIKES

ANIMALS

Buffalo
Crabs Claw
Dragons Head
Leopards Paw
Rhino
Ram
Tigers Claw

BIRDS

Cranes Beak
Cranes Neck
Reverse Cranes Neck

WEAPONS

Bolo
Back Fist

ELEMENTS

Sun
Open Sun

TAKE DOWN AND FINISH

Blindfold outside
Nose under Philtrum outside
Forearm left side outside
Forearm right side right leg behind outside
Hair inside
Double phoenix nose
Forearm inside
Crabs claw throat

NUNCHAKU - 6 techniques

TWO AND THREE MAN ATTACK

ARM STRIKES

Monkey Fist - Rising, dropping, turning, driving
Buddha's Palm
Whipping Branch
Broken Bough

GREY PEEWEE GRADE

SWORD FORM

ARM LOCKS AND BREAKS

Reverse Elbow Lever

Iron Bar

Bowstring Break

Shoulder

Elbow to Elbow

Reverse Figure of 4

Single Plough to Knee

ESCAPES

From above plus Wrist Turning Escape

KICKS

Star

Cloud

Comet

Spinning Comet

Bowstring

Tiger Tail

INTERNAL BLOWS

1. *Cup Hand*

2. *Bear Paw*

BREAKING TECHNIQUES

¼ inch pine with 2 different kicks, 2 with different punch

SERPENT LOCKS AND THROWS

1. *Under arm outside left hand*

2. *Over and to chest inside left hand*

3. *Over and to throat right hand*

BLACK BELT/SASH PEEWEE

GRADE

CRANE FORM

WUSHU FORM

STANCES - All

Bear	Riding Horse	Low Horse	Snake	Dragon
Monkey	Cat	Crane	Hanging Horse	Spider
Hawk	Rear Dragon	Drunken Man	Frog	Dog
Leopard	Tiger	Chicken	Open Snake	

SPINNING KICKS

Star	Moon	Comet	Side Dragon	Roundhouse
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BREAK ROLLS - All

BREAKING TECHNIQUES

¼ inch pine with 2 different jump kicks, 2 with different punch

TIGER FIGHTING

1. Attack
2. Counter to attack
3. Counter to counter attack

HAND AND ARM COMBOS (10)

STRANGLES FRONT AND REAR (10)

GWAN UNARMED DEFENCE

PEEWEE
BLACK BELT/SASH 2ND LEVEL
GRADE

GWAN FORM

SWORD FORM - Chan Chen

COME ALONGS

Figure 4 Outside Tiger	Figure 4 Inside Back Hammer Lock	Elbow Lever Chicken Wing	Sleeper Through the Leg	Hog Tie Palms (In and Out)
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SPINNING KICKS

Star	Moon	Comet	Side Dragon	Roundhouse
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DRUNKEN MAN

Strikes, evasions, kicks, throws

KNIFE DEFENCE - Unarmed

STICK AGAINST STICK

CUDGEL STRIP OUT AND DRILLS

SPARRING

1 and 2 man

OWN FORM