



THE
MARTIAL ARTS
ACADEMY

Blue Sash Grade (34 Credits required for this grade)








Members Name: _____

Members note: To help progress through each grade, you should follow through 'All' the list of requirements below and practice regularly at home. A set number of credits are required to complete each grade and each element of a grade is awarded a credit or multiple credits. Credits will be awarded at class, at camp or by sending video to your instructor during certain periods e.g. Government restrictions, when you have reached the required level of understanding and skill.

3 Merit Badges will be awarded throughout this grade to allow you to set short time goals on your journey through your current grade.

All credits must be earned before a sash can be awarded.

Grade Requirements: Practice, Polish, Present

Greetings/Etiquette 	Present in Full Uniform (1 credit) Sun and Moon Greeting (1 credit) Shaolin Bow (1 credit)
Stances/ Movement 	Ma Bu to Deng San Bu through Dsao Pan Bu (1 credit) Jab/Cross punches - Solo and Pad work (1 credit) Jab/ Cross/ Hook / Uppercut – Step off and Pivot (1 credit)
Hand Technique 	Shang Gao Chuan (Upper hook punch) – Solo (1 credit) and Pad work (1 credit) Gao Chuan (Hook Punch) – Solo (1 credit) and Pad work (1 credit)
Leg Technique 	Lui Twe (Ramble Kick) - Solo (1 credit) – padwork (1 credit) Nei Bai Twe (Inside Crescent Kick) - Solo (1 credit) – padwork (1 credit) Wai Bai Twe (Outside Crescent Kick) - Solo (1 credit) – padwork (1 credit) Ti Twe, Ding Twe on Pads - Solo (1 credit) – padwork (1 credit)
C.M.A.A.P Chinese Martial Arts Applied Program 	Coiling Reactions against wrist grabs (3 credits) Defence against Jab/Cross punch using inside blocks (3 credits) Defence against Low round kick to the leg – Blocking (3 credits)
Fitness 	Plank on Fists for 20 seconds (1 credit) 5 push-ups (1 credit) Ironbridge 30 seconds (1 credit) 10 Squats (1 credit) Jump Rope 30 seconds (2 credits)
Knowledge 	Chinese Language (3 credits) <div style="display: flex; justify-content: space-around;"> Hello Thank you Goodbye </div> <div style="display: flex; justify-content: space-around;"> Nǐ Hǎo Xiè Xiè Zàijiàn </div>