



# Yellow Sash Grade (40 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

<p><b>Greetings</b></p> 	<p>White Crane Greeting <b>(1 credit)</b></p>
<p><b>Stances/ Movement/ Taolu</b></p> 	<p>Ma Bu Deng San Bu waist partner drill with Staff <b>(1 credit)</b>          Dsao Pan Bu 180-degree turn <b>(1 credit)</b>          Cross Stepping with jab and cross – Qi Lin Bu Deng San Bu stepping <b>(1 credit)</b>          Spring Back with Knee Raised <b>(1 credit)</b>          Tan Tui No. 1 – Thrusting Fist <b>(5 credits)</b></p>
<p><b>Hand Technique</b></p> 	<p>1 round of Pad work showing all punches and combinations to date – emphasis will be on proper form with good guard for defence and footwork <b>(3 credits)</b></p>
<p><b>Leg Technique</b></p> 	<p>Bian Twe (round kick)</p> <ol style="list-style-type: none"> <li>1) Snapping head height off back leg - Solo <b>(1 credit)</b> and padwork <b>(1 credit)</b></li> <li>2) Low leg power kick - Solo <b>(1 credit)</b> and padwork <b>(1 credit)</b></li> <li>3) Skip kick off front leg - Solo <b>(1 credit)</b> and padwork <b>(1 credit)</b></li> <li>4) Switch kick - Solo <b>(1 credit)</b> and padwork <b>(1 credit)</b></li> </ol>
<p><b>C.M.A.A.P</b> Chinese Martial Arts Applied Program</p> 	<p>Under hook and Over Hook wrestling drills <b>(8 credits)</b></p> <ul style="list-style-type: none"> <li>- Show what to do when you get double under hooks (Break posture and go to back)</li> <li>- Show defence against double under hooks</li> <li>- Show defence against rear body lock</li> </ul>
<p><b>Fitness</b></p> 	<p>Crucifix 20 seconds each palm <b>(1 credit)</b>      10 Push ups <b>(1 credit)</b>          Ironbridge 40 Seconds <b>(1 credit)</b>                      10 Air squats <b>(1 credit)</b>          Ma Bu 1 minute <b>(1 credit)</b>                                      Jump rope 1 minute <b>(2 credits)</b></p>
<p><b>Knowledge</b></p> 	<p>Learn about the 3 Generations of Masters in our Lineage. <b>(4 credits)</b></p> <p><b>1<sup>st</sup> Grandmaster Cheng, Gin-Gsao</b>= Master Yang's White Crane Master  <b>Grandmaster Li, Mao-Ching</b> = Master Yang's Longfist Master  <b>Grandmaster Kao, Tao</b> = Master Yang's Tai chi Master</p> <p><b>2<sup>nd</sup> Master Yang, Jwing-Ming</b> = Whitecrane Kung Fu, Shaolin Longfist, Tai chi</p> <p><b>3<sup>rd</sup> Master Pedro Rodrigues, Master Robert Was &amp; Master Vitor Casquero</b></p>