



THE
MARTIAL ARTS
ACADEMY

White/Blue Belt Grade (28 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 - Horse Stance (Chi breath) (1 credit) Si Liu Bu – Four Six Stance (Ha Breath) (1 credit) Deng San Bu – Mountain Climbing Stance (He Breath) (1 credit) Hopping Forward and Backward with Jabs and Crosses (Snake Breath) (1 credit)
Hand Technique 	Ping Chuan x 1, x 2 (1 credit) Li Chuan x 1, x 2, x 3, x 5, x 10, x20 (1 credit) 1, 2/ Jab, Cross (1 credit)
Leg Technique 	Ti Twe – Solo (1 credit) and Padwork (1 credit) Ding Twe - Solo (1 credit) and Padwork (1 credit)
C.M.A.A.P Chinese Martial Arts Applied Program 	Front Strangle Defence (4 credits) Headlock Defence (4 credits)
Fitness 	Plank on palms 20 seconds (1 credit) Iron Bridge 20 seconds (1 credit) 5 Burpees (1 credit) Jump Rope 20 seconds (2 credits)
Knowledge 	Count to Ten in Chinese (1 credit) 1 2 3 4 5 6 7 8 9 10 ee er sun su wu lieh chi ba joe shur